



ETHICAL HYGIENE

By E. L. RECTOR



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ETHICAL HYGIENE

SOLID FACTS BOILED DOWN

SIX LIVE BOOKS ON THE LAWS OF HEALTH:
PHYSICAL HYGIENE, MENTAL HYGIENE, MORAL
HYGIENE, SEX HYGIENE, MATERNAL
HYGIENE, and SOCIAL ETHICS

BY E. L. RECTOR

Lives of great men all remind us,
Life hath charms not bought with gold:
In hard work and laws of hygiene,
Health is found and joys untold.

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TO THE READER

ETHICAL HYGIENE is condensed. Each page contains so many thoughts and ideas that when read in the usual manner the mind can grasp but a small part of it. For this reason it is a book that can be read and re-read with interest and profit. Many of the truths taught are of a nature which make it invaluable as a book for daily reference.

DEDICATION

TO THE SONS AND DAUGHTERS OF AMERICA

This book is affectionately dedicated, with the hope that it may inspire many to a life of virtue, health, virility and happiness.

THE AUTHOR.

PREFACE

A normal man or woman is the grandest, most beautiful being of God's creation. How we all admire the person with a strong physique, good nerves, will power, and intellect; who has the passions under control, and possesses a conscience void of offense toward God and man. But to develop a normal man is not an easy task. To produce a good loaf of bread requires a sound grain of wheat, and it must be planted in good soil, carefully tended, harvested at the right season, properly threshed, milled and baked. From first to last during the entire process it must be carefully guarded and protected against disease and insect enemies. Likewise, to produce a strong man requires that the parent stock be healthy and the environments carefully guarded to protect the growing child from destructive habits, disease, and enemies which are trying to pervert or hinder the development of a normal man.

All true parents desire that their children become stalwart men and women; and if rightly instructed in youth all children have an ambition to become ideal citizens. We believe that a lack of proper information on the part of parents and growing youths is to blame for the lament-

able number of physical and mental failures to be found in every community; and to supply a reliable and comprehensive guide for vigorous health, sound intellect, and good morals is the object of this volume.

The writer is under obligation to so many books and friends that he can not attempt to enumerate them. Special acknowledgments, however, are due to Rev. W. Guy Cheatham, an untiring minister and social reform worker, whose valued assistance has made the general excellence and high moral standard of this work possible.

THE AUTHOR.

INTRODUCTION

A FACTORY

Did you ever look upon the home as a factory for the production of houses in which the souls of the next generation are to dwell? The physical man is only a dwelling house for the soul. What would you think of the management of a factory in which half of the finished product has to be thrown in the scrap pile as worthless, while three-fourths of the remainder must be disposed of as seconds owing to defective workmanship? In the homes of America half the children born die before ten years old. Of the twenty million children in our schools, fifteen million are physically defective, and only four out of a hundred adult persons live to be sixty years old. Let us now compare each physical being to a manufacturing establishment. This factory is most beautifully located, as it is situated upon both banks of the alimentary canal, which affords good shipping facilities both for the reception of needed material and the disposal of waste product. The factory is well equipped, having many machines of special construction so grouped that each works in unison and so united together they form one complete unit. The engine or *heart*, located upon the left bank of the canal, is of ample power and durable construction, and is guaranteed with proper care to give continuous service twenty-four hours each day for one

hundred years. CIRCULATION: Connected with this engine is a complete railway system, which traverses every nook and corner of the establishment, and along these numerous lines run millions of little cars (*corpuscles*), each helping to collect, carry, and distribute material between the several divisions of the establishment. A complete and well-equipped telephone system (*the nerves*) gives instant communication between each department and the head office (*the brain*), and everything depends upon competent management by it. If one department is overloaded or allowed to neglect its duty, the other machines in the factory are overworked or hindered in their proper functions. For instance, if the canal is allowed to become choked by constipation, the digestive tract is flooded with refuse product. The blood absorbs this poisonous material and carries it through the system, and in order to get rid of it the sewer (kidneys), the filter (skin pores), and the purifier (lungs) must work overtime; and they sometimes break down on account of the extra load thrust upon them.

When the physical organs are working in unison, the blood is properly nourished and purified, and the mental, moral, and spiritual man is afforded ideal conditions, in which to attain supremacy.

BOOK ONE

PHYSICAL HYGIENE

THE BLOOD

Many people speak of bad health as being caused by bad blood. In one sense this is true, but strictly speaking it is bad health which causes bad blood. The blood is only the medium which carries material through the system. By digestion the blood is supplied with energy which it carries to all parts of the body. After they are used, the waste parts are again taken up by the blood and carried to the skin, kidneys, lungs, or liver, to be expelled from the system. When the blood is filled with life-giving energy, we recover quickly from any small accident, and are prone to say that it was because the blood was good. When the blood is filled with impurities of different kinds, and has but little life-giving energy in store, a wound heals slowly, and we say it is because the blood is bad. To live with the blood in this condition is to live on the danger line. It is then that we are liable to contract almost any disease imaginable, while if we have a surplus of vitality stored in our blood and keep it free from poisons and impurities, we are immune from almost all diseases. We may carry the germs of tuberculosis or even typhoid in our system and feel no ill effects from them. Our health depends upon four elements: nutrition, purification, protection, and conservation.

NUTRITION

There are three avenues through which we receive nourishment: The stomach and intestines, the lungs, and sometimes the skin.

The lungs absorb oxygen from the air and it enters directly into the blood, to be used in all parts of the system. The stomach and intestines absorb a portion of the food we eat and it enters the blood. The skin also absorbs many substances when brought in contact with it. Medicines, stimulants, and even nourishment are often administered through the skin. The skin of two persons when kept in contact transmits nourishment from one to the other, from the younger to the older, or from the well to the sick one. It is for this reason that a child should never sleep with an older person, or a well person with a sick one. This truth was known in the days of King David. (I Kings 1.) All of the organs of nutrition are also organs of purification and will be studied more extensively in that class.

DYSPEPSIA.—Many persons are starving with a full or overloaded stomach. A failure to digest food causes a lack of nourishment and the blood is impoverished, causing hunger. Dyspepsia is often caused by the lining of the stomach and intestines being injured by strong medicines or narcotics. The most frequent cause, however, is fast eating and over-eating. Fast eating is an American failing, and its results are serious. Nature intended that all food should be thoroughly masticated by chewing and mixed with the saliva or spittle in the mouth before swallowing, in order that the chemical changes of

digestion may proceed in the stomach. When half chewed and washed down the throat with some form of drink, the food reaches the stomach in poor condition to be digested; and when this habit is continued, dyspepsia is inevitable. The dyspeptic seldom has any trouble digesting a lunch eaten on the road where drink is unprocurable, as he must eat slowly. Our system requires water, but it should be drunk at least thirty minutes before eating, and never during or immediately after meals. Dry food eaten slowly is moistened to just the right consistency for digestion by the saliva of the mouth. In fast eating we fail to taste much of the food swallowed, and the appetite is unsatisfied, and over-eating is the result. Most dyspeptics are always hungry and their stomachs are usually overloaded. Fast eating calls for rich, highly-concentrated food, highly seasoned in order that we may get some taste of it as swallowed. A piece of dry bread is palatable, if eaten slowly so the saliva can moisten it, and it is then in condition so the stomach can digest it. A horse will not over-eat if given access to a stack of hay; but when he gets to the more highly-concentrated food in the grain bin, he is certain to injure himself. If we were confined to coarse, plain food, fast eating and over-eating would not be a temptation, and dyspepsia would be as scarce as it is among the peasants of Europe or the savages of Africa. Good food, however, is not to be condemned if it were only eaten slowly and the quantity governed in accordance with the concentrated strength of the food.

DIET.—The proper selection of food has much to do with the health at all times, and is especially important

where dyspepsia or intestinal troubles are present. When we go to study diet we meet an endless confusion of ideas. One eccentric specialist recommends a milk-and-egg diet, another all vegetables or all fruits, and another says no meat. The people in Greenland live almost entirely on meat and oil, while those in torrid countries live on fruits. Nature has provided each with the food his climate requires. In the temperate zone nature furnishes both fruits and meats, and in addition the cereals. Here man, if temperate, is stronger and longer lived than in either the hot or cold regions. Variety is the essence of life. A child thrives on milk, but can not digest the same chemical elements when provided in meat or vegetables. If confined to milk as it grows older its stomach fails to develop, and then the child does not grow as it should. It must have its diet gradually changed from milk to cereals, butter, vegetables, and meat, as the growth of the stomach permits. The dyspeptic, like the child, will find he is unable to digest some of the more difficult foods. The man of sedentary occupation will find it takes but little meat, butter, or beans to cause him trouble; while the man at hard physical work will find a reasonable amount of these strong concentrated foods conducive to his health and strength. It is impossible, therefore, to conform to ironclad rules of diet. We must notice the effect of different foods and select our diet to suit our individual requirements. In winter or when at hard work we will need cereals, vegetables, and some meat; and in summer or when idle, less meat and vegetables with more fruit. We believe meats are eaten to excess by a large number of persons. We have omitted

the chemical terms usually employed in discussing foods, as their use is confusing to the average person.

MINERAL MATTER is one thing we should not lose sight of, as the modern methods of preparing foods rob us of most of these necessary elements. They are found principally in the outer hull of cereals and in the rind of vegetables. They are removed to give the food a finer appearance. They are needed to make bone, sinew, and nerve, and *unless supplied from some source the growing child especially must suffer*. A good way to procure these elements is in the use of graham bread, bran bread, or a mush made of shorts or middlings — a by-product of the flouring mills usually sold for stock food. It contains the inner hull of the bran and the germ of the grain of wheat. It is inexpensive, and when made into mush and served with milk and a little sugar is very palatable. Fruit juice can be used as a substitute for the milk if desired.

SPICES.—Did you ever think of the results when you eat raw onions, horse radish, prepared mustard and spices, or season up your potatoes with pepper until it almost makes you sneeze? When such articles burn the mouth, where they only spend a few seconds, what of the stomach and intestines, which have to hold them until absorbed?

Do you think you can treat the delicate lining of these organs to a mustard plaster or a raw-onion poultice without producing irritation? When often repeated such measures can not help but produce serious stomach troubles, and then the kidneys and liver must try to get these impurities out of the system. Medical authorities

claims that "gin liver" is as often brought on by eating pepper as it is by alcohol. The celebrated Dr. J. H. Kellogg says: "Such spices have in the system the effect of the most virulent poisons, and defying the already overworked liver and kidneys, circulate at will through the body and irritate the arterial walls, preparing the way for the worst form of hardened arteries."

REGULATION OF THE DIET.—We may pity the drunkard, or despise the libertine, because he can not exercise self-control, but how many of us are too weak to conquer the appetite and regulate the diet? God has arranged it that we should experience pleasure by the performance of the different bodily functions, so that we could enjoy this life; and he has arranged it for us to develop a strong character and a good physique by the exercise of self-control. "If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are" (I Cor. 3: 17). "Whether therefore ye eat or drink, or whatsoever ye do, do all to the glory of God" (I Cor. 11: 31).

Many rules have been given by different writers to aid the overeater in regulating his diet, but in all our experience we have never found a better one than the rule given by Dr. Dio Lewis: "On sitting down at the table take on your plate all that you are to eat, and when that is finished stop." This rule gives one something definite to adhere to, and does not attract attention when practiced in public. If, with this rule, care is taken to eat very slowly, so as to thoroughly masticate the food and allow it to be mixed with the saliva, using no drinks at meal time, the dyspeptic will notice a wonderful im-

provement in a few days. The slow eating allows one to get the pleasure of tasting what is eaten, and with the superior nourishment that comes with better digestion there will be less hunger.

STARVING.—On the other hand, dyspepsia is often caused, or made worse, by underfeeding. The gormand suddenly discovers that he has been over-eating and changes his diet to almost nothing, and for a few days he improves wonderfully. The stomach soon accommodates itself to doing nothing, and loses much of its power of digestion. Soon the least increase in the amount of food eaten, or any unusual exercise, causes a feeling of faintness and usually suffering. This condition is much more difficult to overcome than over-eating; but by a gradual increase in the amount of nourishment taken, the stomach can be induced to regain its tone. Like the muscles, the stomach will become weak through lack of exercise.

PROPER QUANTITY.—The amount of food required varies greatly with different persons. A hard-working man should eat two or three times as much as a student or office clerk, and a growing child requires more in proportion to its size than an adult. A hearty man can digest more than a dyspeptic. Judgment is required, therefore, to determine just how much any one should eat. The hard-working man, who for any cause spends a few days in idleness, will find himself suffering with engorgement or indigestion if he continues to eat his accustomed amount.

WHEN WEAK.—The man recovering from a fever can eat but little, and that of the most easily digested

foods, because his system is so weak that the stomach can not muster vitality enough to digest what the ravenous appetite calls for. The same rule holds good with the person who has worked to the point of exhaustion. The appetite is nearly always ravenous at such times, and the natural inclination is to eat heartily in order to regain the exhausted strength; but if even the accustomed amount of food is eaten at such times, indigestion is certain to result. The stomach shares the exhausted condition of the system. A lack of food for any great length of time causes the stomach of a hearty man to become too weak to digest even a moderate quantity. In the famous Hunter's Raid, when the Union Army was cut off from supplies for five days, a full ration was issued upon reaching the provision train, and within an hour several hundred had died of over-eating.

Not to the swift the race, not to the strong the fight;
Health is the goal to reach—*govern the appetite.*

PURIFICATION

The organs which carry away waste or undesirable material from the system are the lungs, skin, kidneys, liver, and intestines, and in extreme cases the stomach is called upon to assist in expelling poisons by disgorging.

THE SKIN.—Did you ever think of the skin as one of the vital organs of the body? It not only furnishes a covering to protect the delicate organs within, but it filters from the blood a large amount of poisonous material, and is also the governor which regulates to a nicety the temperature of the body. Let us notice what happens when the skin pores become partly closed by the accu-

mulation of refuse or exposure to a cold wind. If the obstruction is slight, we may have a cold, the headache, toothache, or rheumatism, with a dry skin and some fever. If the obstruction is more complete, the mucous membranes of the lungs and intestines become inflamed, the head aches, and there is a high fever. In such cases the closing of the skin pores may be the primary cause of the fever by preventing perspiration. Now let us notice a healthy skin: it is soft, moist and warm; the millions of little pores are throwing off the poison from the blood; and as the heat is increased in the body, these pores open a little more and the perspiration or sweat increases until the surface of the body is damp. The air striking the damp skin helps to cool it, just as the Indians of Mexico wrap a jug of water in a damp cloth and hang it in the wind to cool. As the body becomes cool, the skin pores again close a little to check the escape of heat. In health our bodily temperature will change less than one degree, regardless of whether we are working in the sun or sitting in the shade.

BATHING.—When we notice what an important office the skin holds and remember it is throwing off large quantities of poisonous matter even when we can not see the perspiration, we can see at once how important it is that we wash the accumulation of refuse matter away from over the skin pores at frequent intervals. I know there are many persons who do not bathe once a year and it does not kill them, but that is no reason why we should try to follow their example. If these persons would bathe, they would be heartier; and certainly they would not have need of so much perfume to hide the

odor of their filthy bodies when they went in public. I have heard many persons give as an excuse for not bathing that they had no bathtub. There certainly is no one but can afford a washtub or at least a pan and a quart of water. To plunge in a tank of water, and then allow the skin to dry would be of little value, as the skin pores would still have the gum adhering over them. To bathe, the skin should be rubbed with a sponge or wet cloth and soap, after which the soap should be rinsed off, and then the important part is to rub the skin briskly with a coarse towel until the skin pores are open and all foreign matter removed. Bathing or, as they called it, purification was an important part of the Jewish religious ritual.

THE LUNGS.—Every time a muscle moves a certain amount of burned material or waste matter is produced. This material, called carbon, is carried by the blood to the lungs, where it is liberated, and another material called oxygen is taken from the air and returned by way of the blood to take the place of the destroyed tissue. The lungs, therefore, serve a twofold purpose. They help to purify the blood by taking out waste material, and they nourish the system by taking oxygen from the air and supplying it to the blood. This change is carried on so rapidly by the lungs, and it is of so much importance, that if we quit breathing for only a few minutes death will result. Not all the oxygen is taken from the air during one trip to the lungs; but if we confine an animal, and compel it to breathe the same air six times in succession, it dies from an accumulation of carbon dioxide and a lack of oxygen. Trees and plants breathe through their leaves, but work opposite to the animals, in that

they use up carbon dioxide and give off oxygen. In the green fields or woods is a healthful place for us to live, because there the air is rich in oxygen. When we shut ourselves up in a tight room, we soon use up part of the oxygen, and if there is a fire burning in the room it also uses up oxygen. One oil lamp uses as much oxygen as ten persons.

THE SCHOOL ROOM.—Suppose a school room was shut up tightly with several scholars in it, and possibly a fire also is burning in the stove. Soon the oxygen becomes scarce in the room and we feel short of breath. We soon get drowsy, feel languid and can not remember what we read. If no fresh air could get into the room, we would soon have a headache, the eyes would become bloodshot, and in a few hours every person in the room would be dead. This last extreme seldom happens, because but few rooms are entirely airtight.

THE BED ROOM.—Now suppose we try to sleep in a close room containing other persons and a burning light. At first we will notice nothing wrong, but soon we will get restless, we can not sleep and a dull headache sets in. We roll and toss until morning and get up feeling tired, cross, weak and dizzy. Our eyes are bloodshot. Instead of a night's rest we have taken a dose of poison. A few hours in the open air will help us recover to some extent, but we can not repeat this offense against nature night after night and remain strong. We will soon become so poisoned that tuberculosis, pneumonia or some other germ disease will get a foothold in our system. Many persons shut up their rooms at night for fear of night air. This is a mistake. The night air in the room soon gets more

dangerous than the air out of doors. The air at night is some damper than during the day, especially on low ground, and this makes it more difficult for persons suffering with some forms of throat and lung trouble to breathe; but it is much more wholesome for them than air poisoned by being shut up in the room with many persons breathing it. Malaria and ague were once believed to be in the damp air of low ground, but these troubles are now known to be contracted by the bite of a mosquito, and not from breathing damp air. The sanitariums for throat and lung troubles are located on high elevations, because the dry, light air is easier for such persons to breathe.

MUSLIN WINDOWS.—After experimenting with sleeping bags, tents, screened porches, and all such inventions imaginable, the ideal sleeping and living apartment has been found to be a room with southern exposure, and having thin muslin substituted for the glass in the windows. This gives good ventilation without drafts, and also keeps out much of the dust and dampness.

SYMPATHETIC ORGANS.—The lungs, skin, kidneys, liver and intestines all work in sympathy; and in case of an emergency, each attempts to assist the others in reducing the amount of impurities in the blood. Let the skin of a large part of the body be scorched, so as to prevent it from doing its share, and the kidneys, liver and lungs at once become more active. The urine becomes thick and fetid, the breath smells rancid, and the discharge from the bowels is offensive. When the kidneys are stopped by stricture or the presence of gravel, the breath at once becomes offensive, the sweat profuse, and

there is usually purging and vomiting. All of these discharges smell of the uric acid which they contain. When constipation or engorgement occurs in the intestines, the breath becomes loaded with these impurities, and the kidneys and liver attempt to throw off the extra accumulation. It is this overwork which brings on kidney and liver troubles.

CONSERVATION

No fortune ever accumulated was so vast that it could not be quickly squandered, and no man was ever so strong that his strength could not be quickly exhausted by misuse or dissipation. Venereal excesses devour energy, revelry exhausts the system, and dissipation breeds disease. A careful study of the habits of life and their effect upon the health are necessary if we would conserve our energy and maintain our strength.

EXERCISE.—It is necessary that every person either work or take a certain amount of exercise. Absolute inactivity would in a short time cause every organ in the body to become sluggish, weak, and tender, and liable to contract disease at the first exposure. Exercise quickens the action of every organ in the body; and as it toughens a muscle, it also toughens the organs. I have heard many persons complain of having broken their health down by hard work. It is not work, but abuse that injures the health. While it is possible to destroy the health by overwork, to do so would require an extreme of which few persons are ever guilty.

OLD-AGE STATISTICS.—An investigation of the lives and habits of six hundred and fifty men and women whose ages were above ninety years — one hundred and thirty-

five being above one hundred years of age—revealed the astonishing fact that all had worked hard all their lives, including the millionaires. Other astonishing facts brought out by this canvass were as follows: Practically none of these old people had ever indulged in tobacco, alcohol or other stimulants of any kind except that coffee was used in small quantities by a few. All had used but very little medicine. All had always been cheerful and great laughers. They had always been great sleepers, the average had been more than eight hours of sleep out of twenty-four. They were careful and moderate eaters, and constipation had no place in their lives. The results showed that marriage is conducive to old age, and that having a large family of children is no drawback to either men or women. One fact particularly conspicuous was that all had lived much in the open air and had always had fresh air in their sleeping rooms.

ATHLETICS.—The hotly-contested athletic matches so much encouraged by our colleges are most injurious and dangerous to health. Competitive games such as tennis, golf or basketball, when not followed to extremes, are splendid exercise, and are highly beneficial to the student or office man who is in need of recreation. The light, quick action is ideal for developing muscle and health. In severe physical contests, such as boat racing and foot races, where the heart and lungs are taxed to the utmost, injuries are certain to result; and in many instances valvular heart trouble puts a speedy end to the athletic career. Those who attempt excessive muscular development usually pay dear for their physical prowess. A large per cent. die within five years after their athletic

career, usually of heart or lung troubles; and among those that live, few ever again enjoy sound health. Gymnasium work to benefit the mind worker must be of such a nature as to divert the thoughts from the daily grind. The student may swing Indian clubs by the hour, but if he keeps his mind on vexing problems he will fail entirely to get that diversion of mind so essential in athletics for health.

FATIGUE.—The organs of the body are very busy during active exercise or heavy work. The blood quickens its pace in an effort to carry away the waste material produced by the muscular action. The heart must work faster and harder, the breathing becomes deep and labored as the lungs attempt to throw off the accumulation of carbon dioxide and replace it with oxygen. The skin becomes active, throwing off the extra heat and poisons produced until perspiration often saturates the clothing. All this is beneficial to quicken the many organs of the system, give tone to the muscles, and life to the nerves; but when the work is overtaking, or is followed to the point of exhaustion, the toxins of fatigue are not carried out of the system as fast as produced. This accumulation of toxins or waste material is injurious and, in excessive amounts, highly dangerous. "In extreme instances of overexertion, as when hunted animals drop dead in the chase, they die not from overstrain of any particular organ, such as the heart, but from chemical poison due to the unexpelled toxin of fatigue." (Goldmark, "Fatigue and Efficiency," p. 13.) Anger, worry, rage, fright and excitement also produce toxins in the system. Fright has often produced enough

toxins to cause death. It is toxins in the blood that cause us to feel tired and weak. They may be caused by mental or physical exhaustion, the poisons from a sore in the flesh, or by breathing poison gases.

SLEEP is nature's great season of recuperation. It is then that the tired muscles, nerves, and brain are at rest, and the deep breathing, increased perspiration and active accumulation in the bladder and lower bowel show that the organs of purification are actively engaged in repairing the losses of the previous day's work. When we rob ourselves of sleep or deprive the lungs of fresh air during these hours, we are borrowing time of old age, and will have it to pay with interest. It is not hard work which robs people of their days, but dissipation and its accompanying loss of sleep. Remember the people who reach a ripe old age are those who work hard and sleep long. As long as a man can sleep sound for eight hours every night, he is not on the road to physical exhaustion or nervous collapse. When physical exhaustion, mental worry, or digestive engorgement prevent a sound night's sleep it is time to take alarm.

CONSTIPATION.—There is probably no other habit which so quickly fills the blood with impurities as constipation. When the lower bowels become clogged and the intestines packed with the refuse nature is trying to throw off, the blood, which has come here to absorb the life-giving secretion which digestion has prepared in our food, at once begins absorbing the refuse liquid. Every time we pass a dry or solid stool we should remember the vile liquids which once made it a soft mass have been drunk up by the blood. It is claimed that as much as

three-fourths of the feces may be thus absorbed. The kidneys, liver, lungs, and skin pores are overtaxed in their effort to expel from the system the accumulation of toxin. The kidneys and liver are especially liable to break down on account of this extra work.

Causes.—Constipation is a habit brought on by failing to attend to the calls of nature at the proper time. Day after day the bowels are forced to carry a load long after nature has asked for relief, and finally the nerves governing these functions become inactive. An inactive life or sedentary occupations are conducive to this trouble, and some foods and many medicines also produce constipation.

Treatment.—Prevention is better than cure, and removing the cause is the first step. Cathartics give only temporary relief and usually tend to make the trouble become chronic, requiring more cathartics in a few days. They also produce inflammation in the digestive tract if their use is continued, and this results in chronic digestive troubles. The writer has never recovered from the effects of physics taken when a child. The most effectual way to permanently cure constipation is to take a copious drink of water upon rising each morning, and then take a brisk walk of half an hour. To knead the walls of the abdomen with the balls of the fingers during the walk is beneficial for extreme cases. After the walk, make an effort to evacuate the bowels, and if this fails apply vaseline or use an injection of warm water by means of a syringe. Avoid severe straining while at stool, as it is likely to cause hemorrhoids or varicocele. A few days' treatment will get the bowels to moving regularly, and

then this habit should be continually cultivated. The drink followed by exercise will soon be all that is required, and it washes out the digestive tract in a most desirable manner, preparing us for the morning meal. To concentrate the thoughts upon the effort for several minutes before going to the closet is often beneficial.

ENGORGEMENT.—A condition almost the same as constipation is caused by cramming the digestive tract. When more is eaten than can be digested, it becomes fermented or partly decomposed in the stomach and intestines; and foul gases are produced, much of which enter the blood. In severe cases nature comes to the relief with purging and vomiting to prevent the system being fatally poisoned.

In both constipation and engorgement the liver and kidneys are overworked, and enlargement of the liver, gall stones, Bright's disease, kidney stones, or gravel in the bladder are likely to result.

PROTECTION

Many kinds of poison and the germs of contagious diseases are trying to get into our system, and it is necessary that we know the ways and methods by which they enter in order to fortify ourselves against these enemies.

GERMS.—With the development of the high-power microscope in recent years, another world, as it were, has sprung into view. The physician can now see the majority of foes he has to fight and study their habits and the means by which they produce disease. Skeptics of the Germ Theory, as it was once called, are to be found now only among the uninformed. A knowledge of

germ life is one of the most important discoveries science has ever made. It has placed within our reach almost complete control of what were once unseen and unmanageable foes. The germs which cause disease are divided into three classes: bacteria, which belong to the vegetable kingdom, and are so small that millions of them may inhabit a single drop of water; protozoa, which belong to the animal kingdom, vary in size from a tiny speck barely visible in the best microscope up to a size almost visible to the naked eye; and a third group, so small they are invisible in the best microscope yet procurable.

Bacteria are divided into several families. Some are our friends, aiding in the production of our foods, while many are neutral, giving us no concern, and some cause disease. One family is called pus-forming bacteria. It is their presence which causes pus to form in wounds. In the skin they cause pimples, boils, carbuncles, sore eyes, and erysipelas. Inwardly they are the cause of tonsillitis, sore throat, inflammation of the bowels, appendicitis, meningitis, pneumonia, and blood poison. Other families of bacteria cause colds, catarrh, influenza, bronchitis, diphtheria, whooping cough, consumption, typhoid, rheumatism, mumps, cholera, bubonic plague, and leprosy. Germs are also known to be the cause of malaria and yellow fever, smallpox, rabies, chronic dysentery, measles, chickenpox, scarlet fever, infantile paralysis, the fatal sleeping sickness, and many other serious diseases of hot climates.

OUR ARMOR.—Nature has provided us with an armor of defense, and no disease germ can harm us until it finds a diseased hair follicle, wound or similar means of

penetrating the skin; or by entering the mouth or nose it penetrates the mucous membrane of some internal organ and reaches the blood. Once in contact with our blood, however, the germ soon begins growing, and by repeated separations multiplies. Usually it is not the presence of the germs themselves which cause disease, but the toxins or waste material which the germs throw off during growth which produce inflammation and sickness. As soon as disease germs enter our system, the white corpuscles of the blood attack the invaders and begin to destroy them. In the serum or thinner part of the blood an antitoxin begins forming to counteract the poisonous toxins; and where the development of the germs is not too fast and we have sufficient vitality, we are able to conquer the germs and recover from the disease.

ASSISTANCE.—Since it has learned these truths, medical science has been able to provide many means of assisting nature in protecting us against disease germs. By proper sanitation and disinfection, the spread of disease germs from the bodies of sick persons is prevented. By the destruction of flies, mosquitoes, fleas, and bedbugs, the means of carrying many of the most destructive germs from one person to another are prohibited. Germs are prevented from entering the blood, through wounds, by properly dressing and cauterizing all abrasions of the skin, and many of those entering the system by way of the nostrils and mouth can be controlled by antitoxins and vaccination.

ANTITOXINS are secured by injecting the toxins of any certain disease into the blood of a horse or other

animal. Antitoxins form in the blood to counteract the toxins, and after the blood becomes ladened with them it is extracted and preserved in sealed tubes. The antitoxin is used by injecting it into the blood of a person, and it assists nature to counteract the same disease from which the virus was first obtained to inoculate the horse. Antitoxins for some diseases require the blood of a horse and are very expensive, others can be obtained by the use of rabbits or other small animals; and some can be developed in chemical cultures, making them inexpensive. They are now prepared for diphtheria, membranous croup, tetanus poison, boils, carbuncles, and various inflammations. They are also used to counteract the poisonous bite of venomous snakes, but a separate serum must be prepared for each variety of snake encountered.

VACCINATION consists in the introduction of weak or dead germs into the system, causing the germ-killing power of the blood to be increased toward that particular germ. This method is now employed in controlling smallpox, rabies, typhoid fever, cholera, plague, meningitis, whooping cough, pneumonia, and some other diseases. Vaccination is useless after a disease has developed. To be effective it must be resorted to before or immediately after exposure to the disease.

NATURAL RESISTANCE.—Nature has provided us with the power to resist many of the weaker germs, and during good health we are immune to their attacks. It is only when the system is weak through lack of nourishment or poisoned with the toxins of fatigue, constipation, impure air, suppressed perspiration or similar causes that the germs of cold, influenza, pneumonia, tuberculosis and

many other diseases can make an impression upon us. Many of the hardier germs, such as cholera, smallpox, yellow fever and others, are too much for us when once they reach our blood; so our efforts must be directed toward preventing their entrance, and where we know exposure is probable increase our power of resistance by vaccination. We recover from most diseases by the system forming an antitoxin. The germ-resisting power is thereby increased after the germs enter our system. Although no successful serum treatment has yet been found for tuberculosis, it can be cured if taken in the early stages of the disease. A nourishing diet, rest, fresh air, sunshine, and protection from damp and cold weather by the use of sufficient clothing, are the means which enable nature to conquer the germs and their toxins in the system.

TETANUS POISON.—The pus or matter formed in a wound is caused by specific bacteria which get into the exposed flesh. The skin while healthy forms a barrier through which these germs can not pass, but let it become broken, be the wound ever so small, and if these germs are present they at once enter and commence their development; and within a few hours, or maybe days, they have multiplied and become so numerous that the wound inflames, becomes painful, and in many instances virulent blood poison results. A wound that bleeds tends to wash out any germs that may have entered with the implement which broke the skin, while a wound too small to bleed is likely to retain any germs received with the wound. When germs enter a wound, they usually hasten the closing of the wound, as air prevents their growth; and

when a wound becomes angry and painful it should be opened at once and bleeding encouraged for a while, after which some disinfectant should be applied. Tetanus germs thrive in many places outside of our bodies, and are to be found especially in decomposed flesh, manure, and filth. The nurses in the European war reported that nearly all wounds received in the trenches were infected with tetanus, owing to the amount of manure applied to the soil in agriculture and the filthy condition of the trenches after being used a short time. For safety against tetanus poison we should never come in contact with any animal that has been dead long enough to have an offensive smell. This is the most frequent source of infection, and if it is absolutely necessary to handle or dissect such animals rubber gloves should be worn, or the hands soaked in vinegar; and if smarting shows the presence of scratches, they should be sealed by painting them with some glutinous substance. Great risk is always run if the flesh has become putrid, or if the animal has died of an infectious disease. Even the bite of a fly which has been on putrid flesh is sufficient to cause an infection, and such cases have often proved fatal. All wounds, however small, should be thoroughly cleansed and some disinfectant applied, and if large enough to leave an exposed surface they should be bound in sterilized cotton. The latter is inexpensive and should be kept in every home. It should only be removed from the sealed package as required, by hands that have been thoroughly cleansed, and then kept from touching any other article not disinfected. To drop the cotton on the floor or lay it on the table is liable to infect it. Cleanliness is,

indeed, next to godliness, but to be sterile in handling a wound is to be more than just cleanly. I have heard persons make light of such an ado over a small wound, but it costs little or nothing to be sterile, if we learn how to do it ourselves, and thousands of cases of blood poisoning result from carelessness and neglect. The writer has had three serious experiences of this nature, and has prevented several more by the timely application of disinfectants at the first indication of infection. Thirty years ago a surgical operation was looked upon as almost certain death. The ninth day was then considered the crisis. It takes about that long for tetanus poison to develop. Now the surgeon has learned to be sterile in handling the wound he makes, and a case of inflammation developing at the ninth day is almost unheard of, although a hundred times as many operations are performed as formerly. There are different species of tetanus germs, some being much more virulent than others.

BOILS.—The pus in boils, carbuncles, and abscesses is caused by the presence of germs belonging to the tetanus family, which enter the skin through a hair follicle or sebaceous gland or in case of an abscess through some slight wound. Cleanliness is the obvious means of prevention. The use of a mild disinfectant each time a boil is dressed may save a succession of boils by preventing the spread of the germs from the first infection. A boil, carbuncle, or felon may be prevented by opening it and applying a disinfectant when the infection is first noticed. It usually requires from one to several months for the system to recover from the effects of the toxin

carried from a boil or ulcered wound by the blood during nature's efforts to conquer the infection.

SANITATION.—One important factor in maintaining health is to prevent the spreading of disease germs. The earth does not produce them. They all have their origin in some person, except in the few diseases which we may contract from animals. Persons suffering with typhoid, hook worm, dysentery, or other summer complaints, are expelling from their bodies millions of germs every day. Where the excrement from such persons is dropped promiscuously or deposited in an open vault, to be scattered about by running water, animals, flies, and other means, the premises become a seething mass of such germs seeking for new victims. Where the excrement from all such persons is carefully deposited in vessels containing a strong disinfectant, and all articles used in and about the sick room carefully disinfected, this danger is largely avoided. Sufferers with pneumonia, consumption, and other throat and lung troubles, expel billions of germs by coughing, sneezing and spitting. Where such discharges are scattered about carelessly, the very dust of the air soon becomes laden with germs seeking the throats of other persons; but if these discharges are caught in a paper napkin and burned before they become dry, or are collected by other means and destroyed, this danger is largely prevented. Many chemicals are destructive to disease germs. These are called disinfectants. Freezing destroys many varieties, and sufficient heat kills all of them. Many of them live only a short time in dry air, and sunshine is fatal to the majority. This is one great reason why fresh air and sunlight

should be admitted freely to our dwellings. Disinfectants should be used frequently about the dwelling during sickness, and following any contagious disease the dwelling should be fumigated. Great care should be exercised during sickness to see that germs do not reach the water supply, or food, as it is in this way most diseases reach our system. Children especially should be taught to thoroughly wash their hands before eating and never allowed to put their dirty fingers or other objects into the mouth, as it is in this way that the larger number of children's diseases and bowel troubles are contracted.

INSECTS.—Second only in importance to the discovery of bacteria themselves has been the discovery that the germs of many of the most fatal diseases are transmitted through the medium of certain insects. Yellow and malarial fevers are contracted only through the bite of certain mosquitoes, which have previously come in contact with the disease. Leprosy is thought to be contracted in the same way. Bubonic plague comes from the bite of a flea which inhabits rats and other rodents. The fatal sleeping sickness of Africa and many other serious diseases of man and beast in hot countries are contracted through the bite of flies, bedbugs and fleas.

FLIES carry the germs of cholera, typhoid, dysentery and other hot-weather diseases and deposit them upon our food, and even directly in the mouths of babies. They also carry the germs of pink eye, gonorrheal, and other diseases of the eye from one person to another. By destroying their breeding places, and by use of screens, mosquitoes and flies can be easily eradicated, and their control in recent years has released our Southern cities

from the scourge of yellow fever, cholera, and other serious diseases. When the French undertook to build the Panama Canal, they continually had sixty per cent. of their workmen on the sick list, and in one year that per cent. of their men died. When our Government undertook the work the first efforts were directed to destroying the mosquitoes and flies. As a result the canal-zone death rate at once became lower than in most of our American cities.

PUBLIC CLOSETS and toilet articles are the means of spreading all forms of disease, from syphilis and diphtheria down to colds. The eradication of the public drinking cup, towel, and other toilet articles has done much to prevent the spread of infectious diseases.

ABSORPTION.—Many poisons are taken into the system by absorption. In every part of the body are to be found immense numbers of vessels or tubes so small that they are hardly visible to the naked eye, which stand like a greedy set of little animals ready to seize and carry off everything which comes within their reach. These are called lymphatics and they terminate in what is called the thoracic duct, which empties directly into the blood. The lymphatics in the stomach drink up all excess of moisture so digestion can proceed. They have no judgment as to what is good or bad, but drink up poisons as quickly as nutritious substances. The lymphatics in the skin absorb slowly while protected by the cuticle, but when it is removed, as with a blister, they absorb rapidly. This means is often employed to administer medicine or nourishment when it can not be swallowed. Mercury rubbed on the skin will produce salivation as readily as if taken

internally. Croton oil rubbed on the abdomen produces purging. Arsenic applied to cancers and opium to burns have been absorbed in sufficient quantities to produce poisoning. Painters' colic comes from the skin absorbing the lead of the paint, and sugar of lead applied to kill ivy poison has produced the same effect. It is necessary that we protect the raw flesh of all wounds or burns from any poisonous substance if we would not have it enter the blood.

POISONS FROM FOODS.—Many cases of poisoning occur through foods, and all cooks should understand how such poisons come to be in the food. Cured meats, sausage, or cheese often cause poisoning by being partly decomposed. A cured ham may fail to have its inner portion acted upon by the preservative agent. This part becomes soft and putrid. Foods cooked in copper or brass vessels are often poison. The acids, oils, fats, or salt water in foods cause the metal to separate from the vessel and become a part of the food. Foods containing acids, if kept in vessels, tanks, or reservoirs made of metal containing lead will cause the lead to dissolve and cause poisoning. This has often occurred where the seams of the vessel were soldered, as solder contains lead. Drinking water that has stood for any length of time in lead pipes, tin, or galvanized vessels is dangerous for the same reason. Chemical preservatives and coloring materials used in canning vegetables are a frequent source of poisoning. Milk used from a cow that is sick, or one that has eaten certain weeds in the pasture, is liable to cause poisoning, especially among babies. Water caught from a

roof recently painted has also been known to produce serious results.

Treatment.—Most kinds of food poisoning cause vomiting, pain in the stomach, and usually purging. Nature should not be interfered with by checking the disgorging of poisons, and when it is discovered that any chemical poison has been swallowed, no time should be lost in causing the patient to vomit. Tickle the throat with a feather or the finger, or swallow quickly a tumbler of warm water containing a teaspoonful of powdered mustard. Mustard is one of the quickest and safest emetics known, and should be kept in every home for such emergencies. As soon as the stomach is emptied give a large dose of olive oil, or if it is not at hand give lard, castor oil, milk or white of raw eggs. In case of chemical poisons the doctor should be procured at once, as an antidote is necessary; but in all cases use the above treatment while waiting for the doctor. A few moments' time allows the stomach to absorb the poison and may prove fatal.

THE SPINE.—A straight spinal column means a strong one. A stooped figure means a contracted chest and corresponding loss of breathing capacity. A stooping figure is an expression of weakness or old age. Grace, beauty and health demand an erect carriage. Shoulder braces afford a poor substitute for nature's support — the muscles, which can be depended on to hold the figure erect if given proper exercise. There is one quick, easy and effective way of strengthening these muscles; it is to carry a weight on the head. A sack of sand weighing

from twenty to eighty pounds carried on the head, with the chin drawn close to the neck, will strengthen the bones and muscles of the spine and settle the intervertebral substance into correct position, making an erect position easy and natural; and a half hour spent in this manner morning and evening will correct a bad case of stooped shoulders in a few months. No time need be lost by this treatment, as the weight can be carried while walking slowly about the room with a book or paper in the hand or placed on a shelf level with the eyes. To leave school with stooped shoulders usually means to carry them to the grave.

THE MEDICINE FRIEND.—We are prone to laugh at the efforts of the Indian medicine man or the Chinese magician as he attempts to enchant the evil spirits or conjure the gods of evil in his efforts to combat disease, but many of our modern methods are little credit to these heathen practices; for when in the whirl of society or the rush of business we lose sleep, gorge the digestive tract, and transgress nature's laws, the system becomes so overloaded with toxins that finally the physical man refuses to go. We then rush to the doctor's office or the patent-medicine counter for some magic concoction to pour down our throats and paralyze the inflamed nerves, or goad into further action the exhausted vital organs. We should have a magician to conjure the evil spirits out of our hearts. Such modern heathens should remember the following: a stimulant does its work by irritating some part of the system, just as a whip stimulates a horse; a narcotic eases pain by partly paralyzing the inflamed nerves; an astringent drinks up the secretions of all the other

organs of the body as much as it does in the inflamed organ for which it was given; antipyrin, acetanilid, and other poisons found in headache mixtures, weaken the heart and destroy the vital elements of the blood. Why, then, should we feel so elated over the ability of medical science to postpone the tariff exacted by misused nature?

Even most of the laxatives and cathartics do their work by irritating the delicate lining of the intestines. Notice the griping soreness and lassitude generally experienced after a course of physic. Medicine and hygiene are both useful, but both are badly abused. Ask your family physician what he thinks of hygiene, and if he is an unscrupulous humbug he will make all manner of sport of it, and of the laity who would attempt to dabble in medical science; but if he is a conscientious man he will tell you that hygiene should replace medicine in most cases. But he will add: "What can the physician do to promote it? If I should tell a patient to eat less he would not do it; if I told him to quit his carousing, bathe his dirty skin, or take more exercise, he would get mad and seek another physician. All I can do is to give him an anodyne to soothe his aching nerves, a diaphoretic to open the skin pores, a cathartic to cleanse the intestines, and some stimulant to goad on his exhausted kidneys and liver."

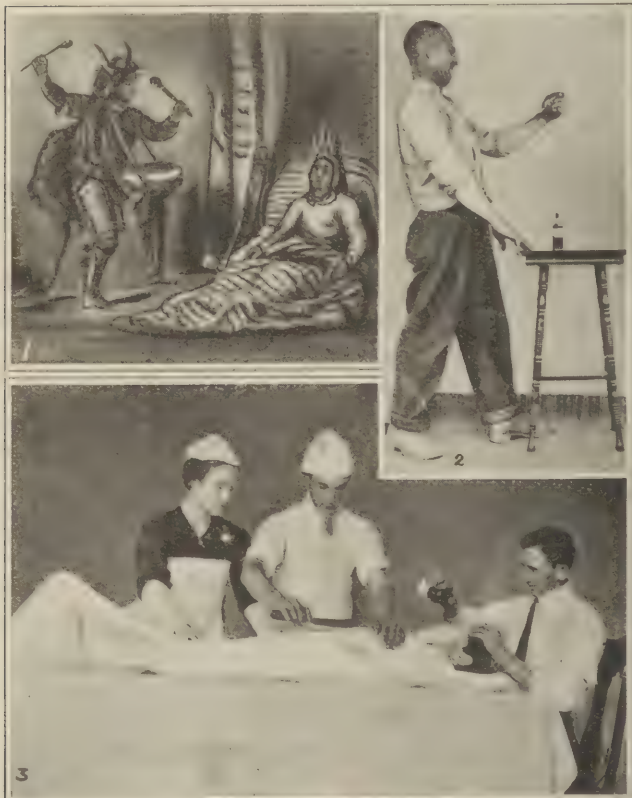
TRANSLATIONS

When pills and cordials fail to bring our loved ones back to health, the doctor can only console us by giving a long Latin name for the demon of disease that snatches them from this world. For those who believe like the

Indian that disease is a plague sent by the evil spirits, the following translations to plain English are given:

Dyspepsia — swallowed without chewing.

Dysentery — a glutton's folly.



No. 1. Medicine Man. (The defective way.)

No. 2. Drug Fiend. (The wretched way.)

No. 3. Operation. (The miserable way.)



"With the shield of knowledge and the sword of hygiene the demons of disease are put to flight."

Bright's Disease — a glutton's reward.
Palpitation of the Heart — a glutton's portion.
Nausea — a glutton's reaction.
Neuralgia — a gormand's pleasure.
Gout — a gormand's paradise.
Bilious Colic — a gormand's joy.
Dizziness — poisoned blood.
Acute Indigestion — after the banquet.
Bloody Flux — green fruit fermenting.
Sick Headache — a stimulant reacting.
Joint Rheumatism — wild oats growing.
Locomotor Ataxia — wild oats ripening.
Constipation — a lazy habit.
Influenza — engorged digestive organs.
Cholera Infantum — a fool fed it.
Cholera Morbus — a fool ate it.
Dysmenorrhœa — civilized (?) wearing apparel.
Child-bed Fever — careless attendants.
Spermatorrhœa — lustful thoughts.
Apoplexy — pay up or quit.
Paralysis — the rent came due.

WARNINGS

Nature is continually sounding warnings of approaching danger, and if we would only heed these we could in all cases prevent the conditions which invite disease.

GASES.—When too much or too rich a food has been eaten, we are warned by belching and voiding of gases.

GRIPING and heavy feelings in the abdomen tell us the digestive tract has been overloaded.

HEARTBURN or the belching of hot water informs us that the food was swallowed too fast, was not masticated or mixed with the saliva, and can not be digested.

PALPITATION OF THE HEART is caused by gas pressure from undigested food, or poisoning from tobacco or coffee.

SCALDING URINE informs us the kidneys and liver are being overworked, and a heavy flow of clear urine accompanied by a feverish thirst tell us the digestive tract is gorged and fevered.

CONSTIPATION indicates we have been dilitary in responding to the calls of nature, or have eaten more than is required for the amount of exercise we are taking.

BAD BREATH.—An offensive breath may be caused by dirty teeth, decayed teeth, catarrh, constipation, engorgement, or any poison which the lungs are trying to throw out of the system.

CHILLS running up and down the back and limbs inform us the skin pores are partly closed and are in need of a bath.

DIZZINESS is one of the most serious warnings nature sounds. It is caused by toxins in the blood and may be produced by overwork or loss of sleep, but is more often caused by indigestion, constipation, or a breakdown of the kidneys or liver from long-continued abuse of the laws of hygiene. We see many strong men living a life of gluttony and saying it does not hurt them, but at from forty to sixty years of age such men find they have Bright's disease, or hardening of the liver; and usually when a strong man breaks down he goes fast.

DANGER SIGNALS

The warnings mentioned above occasion but little inconvenience, and usually little or no attention is paid to them; so finally nature is compelled to hoist one of her danger signals. These signals are of various shades of importance and are hoisted according to no fixed rule or system.

COLDS.—We may neglect bathing, sleep in unventilated rooms, permit constipation, or practice overeating for many days, before the poisons in our blood cross the danger line; but some day we get damp or become chilled, the skin pores are hindered a little more in their work of purifying the blood, and the extra accumulation of toxins causes an inflammation of the mucous membrane of the head, throat or lungs. Colds, influenza and pneumonia are germ diseases, but the germs are powerless to injure us while the blood is free from toxins. The inflamed membranes first thicken or congest, then a watery or mucus discharge begins in an effort to rid the system of toxins. Every one recognizes the importance of breaking the cold or starting the discharge as soon as possible. To accomplish this one takes quinine, another a sweat, another a cathartic, and another quits eating for a day or two. All are working to reduce the amount of toxin in the blood. When we recover, the affected membrane is left thickened and predisposed to take cold again, hence each successive cold attacks the same part. Repeated colds in the head bring on chronic catarrh, or in the throat enlarged tonsils may develop. With either trouble the eustachian tubes leading from the throat to the inner

ear on either side are likely to become affected and partial deafness results. Colds in the lungs are liable to give the germs of tuberculosis a chance to mature. When the stomach, intestines, and skin are in good condition we do not take cold; and the best treatment is to cleanse the intestines by means of a mild cathartic, eat lightly for a few days, and take a sweat bath, followed by a brisk rubbing with a coarse towel, to open the skin pores. Sweating produced by means of teas or drugs relieves the cold, but leaves the skin clammy and obstructed, so that more cold is contracted when the cold air is encountered.

NEURALGIA, NERVOUS HEADACHE, EPILEPSY, HYSTERIC FITS, ST. VITUS DANCE, ASTHMA, PALPITATION, INDIGESTION, AND APPENDICITIS are usually the result of overeating or constipation, or are caused by the toxins in the blood, which these habits produce. In neuralgia and rheumatism cool or damp weather slightly retards the action of the skin pores and lungs in their office of removing toxins; and their increased presence causes inflammation of the nerves, resulting in soreness and pain. Wry neck and lame back are local attacks of muscular rheumatism. The latter is usually regarded as a kidney trouble, owing to the pain being near these organs. The change in the urine is caused by the kidneys and liver trying to eradicate toxins.

A breakdown of the kidneys or liver is often the last chapter in the life of the gormand.

PILES OR HEMORRHOIDS are a distressing result of constipation.

When a sufficient reserve of vitality is kept in the blood by proper nourishment, and the intestines, liver,

kidneys, skin and lungs are kept in healthy working order so that the toxins are removed from the blood promptly, all of the above diseases are avoided. Where they once get a hold, the observance of these rules gives nature a fair chance, and she will overcome all but the most serious cases. With a reserve or vitality nature can resist the germs of many of the contagious diseases, so we then have a reasonably safe lease on life; but where we live constantly near the danger line nature will exact her toll, even though she be long in doing it. Weak arteries and high blood pressure are the inevitable result of years of poisoned blood. The constant contact of toxins with the walls of the arteries causes them to thicken and become chalky or weak. The size of the arteries is reduced, and the heart must work harder to force the blood through them, and the result is a high blood pressure. High pressure and weak walls soon cause the rupture of an artery, and as those in the brain are less protected by surrounding tissue than in other parts of the body, it is usually in the brain that the rupture occurs. Most people look upon apoplexy, paralysis, and heart failure as accidents, but they are only the fruits of autotoxication, venereal poisoning or dissipation.

INSOMNIA.—An inability to sleep indicates unhealthy surroundings, or the approach of disease. Exhaustion from overwork, bad air in the sleeping room, or an overloaded digestive tract are the most frequent causes. Unsound or troubled sleep indicates toxins in the system, and to heed this danger signal and cleanse the system will often intercept a pending attack of disease.

BAD TEETH.—A sound set of teeth is a pretty certain

indication of a strong physique, and bad teeth are a certain indication of a delicate constitution. Hundreds of articles have been published advocating constant cleanliness as a means of preserving the teeth. We have no fault to find with clean teeth, for filthy teeth are surely repulsive; and decayed or dirty teeth breed millions of bacteria, which are swallowed. These are not active disease germs, however, but belong in the same class as those found in decayed food, and a constant supply of them deranges digestion. Cleanliness alone unfortunately does not insure sound teeth. It is usually the gases arising from an abused stomach which destroy the teeth. A lack of mineral elements in the food will also cause a child to have unsound teeth. Most cooks require the removal of the coarse or outer hull of all cereals and vegetables in preparing them for the table, and by this means practically all the mineral elements are removed, leaving the child nothing with which to build bone, sinew and teeth. Graham, whole wheat, or bran bread will supply these much-needed elements.

BRAN BREAD.—To one quart bran add one pint of flour. Use one teaspoonful soda, one teaspoonful baking powder, one-half teaspoonful salt, one pint sour milk or buttermilk, and one teaspoonful lard or sour cream to shorten. Add one tablespoonful sugar if desired. Stir well and bake for one hour in a slow oven. Bake in a loaf or in gem pans, as preferred.

SUGAR, CANDY, AND MOLASSES made from either cane or beets are irritating to the stomach and intestines, and the child who uses either of these sweets extensively will lose its first set of teeth by decay and the permanent set

will come in soft and are soon worthless. Highly-concentrated foods and stomach trouble are the prime factors in a decayed set of teeth. The peasants of Europe and the heathen tribes of earth as a rule have sound teeth, although they never clean them. The reason is that their food is coarse, and overeating is not indulged in. One of the oldest set of sound teeth I ever saw was also the filthiest. It was in the mouth of a Scotch peasant who had always lived in penury. He argued to clean the teeth would destroy the enamel. We can not agree with him in this, but we must admit that a life of restricted diet and hard work is far more conducive to sound teeth and sound health than a life of luxury. Sugar cooked in fruit partakes of the nature of fruit sugars and is not irritating. The growing child should never have its appetite spoiled with much sweets, but the moderate use of fruits cooked after sweetening will do no injury and supplies the system with all of this element necessary.

AUTOTOXICATION, or toxic poisoning of the blood by luxurious living and gluttony, has been understood by the medical profession for years, but few people can be made to realize or care for the serious results. Many cases are on record where life has been prolonged fifteen or twenty years by close observance of hygienic laws after high blood pressure, kidney troubles, enlarged liver, or other chronic troubles considered incurable had developed. At some sanitariums the medical faculty are now selling the chronic invalid a knowledge of autotoxication and the secrets of hygienic living at a fabulous price, and it is safe to say such knowledge, although retailed at a high price, is worth much more to the average invalid than poisonous drugs and surgical operations.

BOOK TWO

MENTAL HYGIENE

THE MIND

A sound mind is one of heaven's choicest blessings. A strong will, sound memory, and a living faith are man's highest attributes. Shattered nerves, blasted hopes, and mental wrecks are becoming more prevalent each year. A need of the knowledge of mental hygiene was never more keenly felt than now.

THE SOURCE OF CHARACTER.—One great school of theology tells us the human soul is born with only good inclinations in it, and that it learns to sin; another school tells us it is born with both evil and good present, while still another says we are born in sin and with a heart filled with sinful inclinations. Wise men may disagree upon this question, but there is one point upon which all agree—that it is the education which determines whether the child is to become a saint or demon, a vagabond or a financier. This education begins long before the child knows it is learning and much sooner than its teachers usually realize. A child at birth does not know one person from another, and its parents are no more to it than others, but within a few weeks it has learned to know its friends and resents strangers. From this time on it is constantly forming opinions and laying up knowledge, and its environments are molding the individuality of the soul. But before going into detail concerning the

formation of a character let us notice the great storehouse from which human achievement is drawn.

THE SUB-CONSCIOUS MIND supplies the energy, makes decision, and dictates the habits of life. It is composed of memory, instinct, habit, and individuality; it is, in fact, the man himself. Every person can plainly recognize within his own heart a mysterious spirit which offers suggestions, wields emotion, makes decisions, and rules our actions. Teach us how to control this inner spirit and we will become the lords of our own destiny. This spirit is not a gift from the gods or devils of the spirit world, but is of our own building. Instinct is only the yielding to an impulse prompted by present environments. Memory records the act and unconsciously causes it to be repeated when similar conditions again arise; habits are thus quickly formed, and individuality results. An emergency requires quick decision, but no two men in the same position see conditions exactly alike or weigh them with the same balances. Each is governed, not by present conditions alone, but by these coupled with all former impressions of a similar nature recorded in the sub-conscious memory. Every experience in life goes down in our memory to become a part of ourselves and plays its part in molding our attitude upon that and similar questions. A man uses his reason in deciding how impressions shall be recorded, and in this way molds his life to his own liking. A child has little or no reason until eight years of age, and is entirely the victim of its environments. Early recognition of this psychological law is in a large degree responsible for the present power of the Roman Catholic Church. For centuries the Jesuits have bent every energy to impress all children coming

beneath their care with the sacredness of the Roman doctrines and their success has been phenomenal. A child beneath their care for its first eight years is, with but few exceptions, a Catholic for life, regardless of later environments or the parentage from which it came. Either a truth or falsehood once firmly impressed upon the sub-conscious mind can never be entirely gotten rid of. A lesson, once wrongly learned, is difficult to correct, even where the mistake is discovered at once; and when months or years have passed it allows a falsehood to become deeply impressed, and it is seldom, indeed, that our view can be changed. A child when it first utters an oath knows nothing of the meaning and is simply trying to imitate. If properly rebuked for its first offense the lesson is never forgotten, but if every one present laughs at its lisp of an oath it catches the idea that the word is smart or funny and it continues to repeat it. Let it continue to swear for ten years and the lesson has become so firmly impressed that you can not remove it by coaxing, whipping, or hiring. If the child, after becoming old enough to reason, becomes disgusted with the habit and resolves to quit, he finds himself almost a helpless slave to his inner self. The small voice within us which tries to govern all our words, actions and decisions is only the sub-conscious memory of previous thoughts or impressions. The inner mind prompts no man to commit a crime he has not cultivated by secret desire, and it leads him to nothing more holy than what he has hoped for, prayed for, and made an effort to attain. Conscience is only the sub-conscious memory of childhood's impressions. A child hears a murder discussed and is shocked at the awfulness of the crime; it learns nothing of self-

control, and later in life a man flies in a passion and strikes the blow to slay a fellow man; but — no, something stops the hand before the stroke is finished; it was that former impression. To-day the community is shocked by a cold-blooded murder and we say the man had no conscience, but it was his conscience that planned the crime. When a child he saw his father fly in a rage and swear he would cut some man's heart out; the father did not mean what he said and soon forgot the incident; but his son received an impression which to-day ripened into a crime. The more feeling, surprise or curiosity we experience in receiving any impression, the deeper it is instilled, and the more the conscious mind meditates upon a thought the more firmly does it become established. This is why one incident in childhood may sometimes mold the entire life in contrast to common surroundings. How often we see a financier, a philosopher, a mechanic or an artist spring up where we would little expect. Many persons believe we are each born with a special fitness for some certain kind of work, and that we can never make a success in any other calling. This fitness comes not from an inherited ability, but from some incident during childhood which arouses the child's interest along that line. During the years that follow, its play is largely connected with activities of that nature. Constant meditation fills the storehouse with ideas along the one line. The child in a natural manner acquires a special ability along a certain line.

By directing the conscious mind we govern the impressions made upon the sub-conscious mind, and thus we are able to direct our own life into any desired channel, either good or bad. *As a man thinketh so he becomes.*

PREJUDICE, or a biased view, is one of the greatest enemies of reason. It is an adversary from which none of us entirely escapes. It prevents our accepting many of the important truths of life and causes us to accept as true much that is false. It impedes the progress of even the most learned. It is responsible for the extremely narrow views which most highly-educated men hold upon certain subjects. It is the arch enemy of education, but still it is fostered by education. Teach a boy the doctrines of any religious sect, political party or technical school and he becomes prejudiced against all rival organizations. Prejudice is also caused by hatred, fear, desire or love. It will cause a man to go to almost unbelievable extremes. It was the impelling force in the life of Robert Ingersoll. His father, a Presbyterian minister, compelled Robert, when a boy, to spend an hour each day in reading the Scriptures. Unreasonable coercion caused the boy to rebel and prejudiced his mind against the teachings of the Scriptures. The dying confessions of Ethan Allen, Voltaire and Tom Paine show that they were the victims of prejudice, living to deny the existence of a Deity which reason had forced upon them. Early impressions prejudice every child against God or Satan, temperance or drunkenness, purity or adultery, making it good or bad.

CHILD TRAINING

OR, THE LAW OF MENTAL DEVELOPMENT

With a clear understanding of all the workings of the sub-conscious mind, the cause of success or failure in child training is easily determined. The later life is always a rebounding of the thoughts, impressions and

ideas imparted to the child. While a single incident may shock the mind, implanting a fear, exciting a desire, or forming a prejudice which changes the entire course of life, it is usually the constant pressure of daily surroundings which molds the child's mind and fashions the man. It is the worldly views taught in the home by father and mother, the immoral story, the light laugh over sin, the unholy remarks about God and the Church that starts the boy and girl wrong and speeds them on to ruin; while the memories of a pure home and the lessons taught there will keep them true, or bring the wanderers back again. Many impressions will be received outside the home, it is true, but where father and mother are true parents the child idealizes them and will accept their view of any subject in preference to that of others. An idea once grasped by a child prejudices the mind against any opposite view, and is used as a foundation upon which to build its knowledge of that subject. It is necessary, therefore, that we keep in touch with the child, retain its confidence, and listen to its prattle, in order that we may know upon what kind of foundation it is building. When we find it has obtained a false impression we must lose no time in correcting its error, for every thought it entertains on the subject is planting that belief more firmly in the sub-conscious mind.

CORRECTING WRONG IMPRESSIONS.—To correct a wrong idea when it becomes established in a child's mind requires tact, skill, and patience. The methods of punishment or rebuke usually employed to correct a child tend only too often to impress the wrong more deeply. To keep nagging a child for a fault tends only to rivet the attention of the child to the fault and thus deepen

the impression. To keep telling a child it is bad only impresses it with the evil and it becomes worse. An impression can not be removed by hammering it deeper; it must be reversed by instilling the opposite impression in its place. A first impression always has precedence in the mind until it is overshadowed by a stronger one. The more emotion or feeling of either pain or pleasure we receive with any impression, the deeper it is instilled, and the more constantly the thoughts are held to it the more firmly it becomes established. Therefore when more emotion accompanies the opposite impression or by strict attention its hold is riveted, the former impression is set in the background.

All evil habits affect the child's mind in the same manner, therefore we will need to describe but one to illustrate the law of mental expansion. Let us take smoking. Charlie goes down street with some older boys and for the first time in his life he comes in contact with cigarettes. As they are passed around his curiosity is aroused and attention attracted. As the others light their smokes he notices a smile of pleasure on each face; and as they rear back, expel the smoke, wag their heads, and laugh at some remark, he thinks they look very manly. He proceeds to light his smoke, and as he takes the first puff it does not taste so very bad, then as the narcotic begins to stimulate his nerves and make his blood tingle, he feels as manly as the larger boys look to him. He has received a wrong idea of smoking. A few days later he walks into your presence smoking one of those coffin nails. Angry that your boy should stoop to a habit so low and degrading, you grab a whip and give him a flogging. Remember either pain or pleasure tends to deepen

an impression. Charlie resents the punishment and may never smoke in your presence again, but he still loves the habit and continues to meditate upon its pleasures day and night. Repeat that lesson often enough and he will learn to despise home discipline and love the pleasures of sin. He will grow up to be a criminal at heart, obeying the laws of the nation only to evade punishment. When you found that he had learned to smoke, you should have explained to him how narcotics poison the body, wreck the nerves, and stupefy the mind; and then, if he did not quit, whip him while he was thinking of the consequences of the sin, and you would have made an impression stronger and overshadowing the former one. Or if you, before he ever saw a cigarette, had told him of them, and taught him the evil effects of their use, his first impression would have been on the side of right, and he would never have taken up the habit. He might, when the boys insisted that he take one, have tried it to satisfy his curiosity; but the picture of its consequences would have been first in his mind, and he would have found no pleasure in his first smoke. The whip is not the only means of reversing wrong ideas and it should be used only when necessary. Its constant use tends to harden the heart and embitter the life of the child. When used to give vent to the temper of the parent it creates rebellion in the heart of the child. When shame, surprise, humiliation or disappointment can be used to drive home an impression, their use is much more effectual and safer than the whip. When punishment is necessary be sure the child understands why and for what it is punished, and then use a form of punishment suited to the disposition of the child and the offense it has committed. If

the baby takes to pulling hair, pull his hair in return; if Robert breaks Susan's doll on purpose, make him give her his hobby horse. I remember once seeing a boy, who had been hardened by repeated whippings at home, whipped unmercifully at school without shedding a tear; and afterward he broke down and cried like a baby when required to do before the school a very foolish antic, which he had attempted to do behind the teacher's back. (See also "Breaking a Habit.")

FRIGHT.—Never resort to scaring the child. The baby that is kept from going upstairs by being told the bugaboo man will get him soon learns enough to know there is no bugaboo man; but he will never grow out of that "afraid-in-the-dark" feeling which you have instilled. I have heard old persons bemoan the fact that they had been unable to conquer a fear of the dark by a lifetime of effort, when they knew it was all caused by a few bugaboo stories during childhood. A child was never made better by a scare, but many have been seriously injured for life by such nervous shocks. In some instances children have become paralyzed through fright. In this age when we are living under a nervous strain and nerve diseases are so prevalent, a child will need all its energy for the battles of life.

PRIDE.—Every child has in its heart an ambition. Early training will determine whether it will show a pride in evil or good accomplishments. Most children idealize their parents. If papa chews, smokes, or swears, the son will think himself a man as soon as he can master the same achievements. If mamma wears semi-nude or x-ray clothing, and walks with a squeeze-me-please twist, the daughter will endeavor to show her loveliness in the same

way. How often have we been thoroughly disgusted with the appearance of the girl who took pride in her ability to attract the lustful gaze of sensual men by her silly coquetry and artful bantering; or the boy who prided himself in his ability to squirt tobacco juice, tell indecent stories and utter the most wicked oaths. A boy less than twelve years old recently boasted to my boy of the same age that he felt pretty tough to-day, as he was drunk as the devil yesterday. When my boy came to tell me about it he added: "Say, papa, I don't believe Carl had it right. Wouldn't Satan have more sense than to poison his mind so he would not have sense enough to catch these fellows that drink?" These two boys were born of the same kind of flesh, their difference comes from early training.

PLEASURE is only the gratification of some desire. Create in a child's mind a desire to live right and it will find true pleasure in righteous living, while if taught to do wicked things, it will find pleasure in evil pursuits. The thief finds pleasure in stealing, the liar in his lies, the crook in cheating, and the yegman in a hold-up. It is therefore of vital importance that we present correct pictures of life before the child. When it listens to Wild-West stories, it will crave a Wild-West career: when it hears its parents boast of treachery or dishonesty, it will desire to do likewise.

CURIOSITY AND DESIRE are the mainsprings of mental development. Desire comes from curiosity, and the latter from suggestion. Suggest to a child that there is something which it does not know and its curiosity is aroused—a desire to know is created. It is this incentive which holds the child to his books, and leads the scientist to make discoveries, or causes the explorer to face Arctic

dangers. It also directs the child into paths of good or evil. The human mind will not be driven. Compel a child to be good and its mind is filled with rebellion. Suggest that it can please God by being good and a good desire is created. Suggest that it can find pleasure in evil and a bad desire is aroused. One incident will suffice to illustrate this truth. While speaking once upon the importance of child training a man interrupted with the question: "But, mister, don't you think a man can inherit these desires?" I said: "No, I do not." "Well, then, can not a mother by wanting a certain thing transmit that desire to her unborn child?" "No, sir." "Well, now, I can not agree with you, for I have always craved whisky." "Was your father or mother a drinker?" "Oh, no." "Well, what is your first recollection upon the question?" "My father kept whisky to sell, but he never drank, and he would not let me taste it; but I always craved it, although I was seventeen years old before I ever got it, and it has been all I could do to keep it from making a dog of me ever since." "Do you like the taste of it?" "No, I want it for the effect it will have." "You saw those men drink and give evidence of some strange exhilaration, and you were curious to experience it and know more of what it was?" "Yes." This man's life illustrates four truths: First, impressions make the man; had this child seen the evil effects of drinking before he saw the momentary effects, his life would have been different; curiosity leads to intense desire; to deny a child without diverting its thoughts by giving it the reason only deepens the impression; and fourthly, heredity is made the scapegoat for most bad training.

HEREDITY.—Erroneous ideas concerning heredity have

been responsible for thousands of failures in child training. Physical heredity is a truth none can deny, but mental heredity is an entirely different subject. At birth the mind of a child is a blank. Its brain might be compared to a garden containing soil, but no seed. Heredity may make the brain fertile or not and the use of narcotics and other bad habits in the parent may make it idiotic; but the plants which grow, the thoughts, ideas and habits of life, will be an exact reproduction of the seed sown. First impressions and not heredity determine in what channel the life shall flow. Most children resemble their parents, it is true, but only such as idealize their parents and accept their teaching do so. A child raised by foster parents and taught to despise its true parents shows no mental resemblance, while if allowed to idealize them it will resemble them in every respect it can learn of, even where it never sees them. I am acquainted with some very striking instances of this character. In one instance a boy raised by his own parents, who are sincere and pious Christians, shows a striking resemblance to a wealthy uncle whom he was taught to idealize in infancy, although his life is exactly the opposite of what the parents would have their boy to be. Years of pleading with and praying for this boy have failed to reverse the first impressions of childhood. Another man, a chum of my childhood days, was reared by foster parents and always disliked his mother. He was not told the truth concerning his parentage until fourteen years old. He still calls his foster mother "mamma," although he is forty years old. Mentally he is very much like her and nothing like his mother, whom he has known all his life, but never admired. Each peculiarity of an

individual is caused by some incident, or series of incidents, occurring in childhood. We can all remember many incidents which have influenced our entire life, but the majority are forgotten or occurred when too young to remember. My boy is afraid of a dog, and years of effort on his part have failed to overcome this fear. It was caused by his being frightened by a playful pup when about twelve months old. He has no conscious memory of the occurrence, but the sub-conscious mind absorbed that impression, to retain it for life. A neighbor, a man of advanced years, had a similar experience. He carries a scar on his neck, made by a dog while he was too young to remember. To this day he claims if a dog licks the back of his hand he will have cold chills in that arm the remainder of the day. An intelligent man, a member of the civil-service bureau, was once talking to me when he asked if we might move farther from a steam boiler. I replied, laughingly: "You are not afraid of a cold boiler, are you?" He replied: "Yes, I am afraid of any boiler, cold or hot." I then asked him what had been his first impression of boilers. He told me that when he was about seven years old he went to see a sawmill, and while there the boiler blew up, scalding him and killing two others. He had been so afraid of a boiler ever since that when living near the railroad he would get out of sight while the trains were passing, for fear the boiler would explode.

If there was any real truth in mental heredity, the minister's son would not need be taught theology, or the college professor's son science. But instead of this we find the heathen — bred for generations to pagan worship — accepting our Gospel with as few solicitations as

our own children, and the scholars of our missionary schools in Burma learn as quickly as our average scholar. At home we find an occasional brilliant scholar coming from the better-educated families, due to early and persistent training in this direction; but the majority of the great men of our nation have come from the mountain cabin, where exercise, fresh air and sunshine have contributed toward a healthy brain and steady nerve. I



LEGION

He is the son of a prominent business man. He has been well clothed, well fed and well schooled; but, like Topsy, he just grew up.

recently met one man who is certain heredity is responsible for all our mental attributes. His one argument is that he knows two boys, who are twins, still they are exactly opposite in disposition, and nothing but prenatal heredity could have caused it. Although a doctor of divinity, this man is too prejudiced to see that a healthy, well-cared-for baby is always a pleasant child, while a sick or spoiled one is always a cross baby. Twins usually resemble each other physically, and most brothers and sisters have some physical resemblance, but it is seldom that they are alike mentally. If mental heredity were true all families would be alike mentally, and we would not hear *prenatal* heredity offered as an excuse for a lack of mental resemblance. Wrong ideas upon this subject have wrought much evil in child training. The pious trust to heredity and luck to bring their children up correctly, and often speak of evil tendencies as being inherited, thus impressing the child with the idea it is the helpless victim of heredity. You say before Charlie: "I do hope he will not use tobacco; but his papa, grandpa, and Uncle Charlie use it; and I fear he will inherit a taste for it." A few years later the doctor tells a nervous wreck he must quit using tobacco; but Charlie, remembering what mamma had said, replies: "I can't help it; I think I must have inherited the taste for it."

OUR DUTY to God and our children requires that we start them right. When we assume the responsibility of bringing a soul into the world, God will hold us accountable for the training we give it. Solomon said: "*Train up a child (not a young man) in the way he should go, and when he is old he will not depart from it.*" If we fail to teach, is God's law to blame for the harvest we

reap? Not every one that calleth on the name of the Lord, not every one that giveth largely to charity, shall enter into the kingdom of heaven. By their fruits shall ye know them. Does the thistle produce figs, or the righteous man ungodly sons?

Recently while talking to an old acquaintance he remarked that the city was a very poor place to rear chil-



"I am most as big as dad now."

The entire family are proud of this five-year-old boy's ability to smoke. His older brothers and sisters have no education and take no interest in school. The use of tobacco and coffee blights the mind and weakens the body of a child.

dren, and referred to a neighbor who had sold his farm and moved into the city to educate his boys, and said he supposed the boys were getting their education, as the oldest had already quit school and was doing no good. I replied: "Yes, the fastest trains stop only at the city stations, and to turn a boy or girl loose in the city is the quickest way to destruction; but as for poor Russel, I happen to know that his mother purchased a parlor-car ticket for hell and placed him on the train before he was three years old. I was in their home one evening when she remarked that Russel would come in several times a day and call for his wine, and that she believed if a boy was allowed to know what it was while small he would not be so likely to use too much of it when he grew up. Her idea of morals was no better; I once heard her say she attended dances and kissing parties when a girl and it had never hurt her."

While sin dwarfs and blights the physical man, it is not a desire of the flesh that lures us on to uncontrollable dissipation; but the craving of the inner mind for the excitement or nerve stimulation which the sin produces. When the mind is rightly directed during infancy, all mental energies can be utilized in developing true manhood; but where evil inclinations are allowed to form, the mental energy of later years must be used in conquering evil habits, or wasted in dissipation. How often do Christian parents spend the nights in agonizing prayer, while their boy is down in the red-light district, following up the sensual thoughts which he caught from his own parent's lips?



THE DEACON'S LEWDNESS
THE DEACON'S PIETY



THE DEACON'S PRAYER.

The deacon's eyes were bathed in tears,
His face was aged beyond his years;
His heart was brok'n, his sleep was gone,
His prayer had been for, oh, so long
That God would save his wayward boy,
And bring him back a pride and joy.

The midnight hour went slowly by,
Still from his heart was heard the cry:
"God, save my boy, my only boy,
That he may be my pride and joy;
For thou alone his heart can win,
And bring him from the path of sin."

His prayer was heard where all prayers go,
Then at his side a voice spoke low:
"The answer is not mine to give,
Since thou for me hast failed to live;
I can not answer those that pray,
Unless they walk the godly way."

The deacon was self-justified.
"Have I not labored long?" he cried.
"I joined the church when I was young,
I've always spoken, prayed and sung;
I've always given for gospel needs,
And filled my life with noble deeds."

"Yes, thou hast lived for praise of men,
And it thy soul's reward has been;
This child, which came to thee for light,
Has not been led in paths of right.
He was not taught of Satan's snare,
The harlot's lure, the drunkard's share."

"Have I not taught, have I not told?"
"Yes, thou hast tried since he is old;
'Twas in his youth he sought the light,
'Twas then the tempter blurred his sight;
His life of sin the fruit must be
By which thy Lord will know of thee."

SPEED IN EDUCATION.—We are living in an age of progress, improvement, and achievement. Within less than a century we have seen the locomotive and automobile supersede the ox cart, and the wireless replace the courier. Inventions, discoveries, and achievements have followed each other in rapid succession, each striving to save distance or increase speed.

Educational methods have kept pace with mechanical achievements. The child of ten is now further along in his studies than his grandfather was at twenty. Great speed is always accompanied with increased danger, unless handled with corresponding skill. This is true of the mind as well as of mechanics. Let us notice some of the dangers which arise from hurried mental development.

In order to get a child to learn rapidly how to read, the adages, Bible stories and fables, which taught moral lessons easily understood by the youthful mind, have been replaced in our text books by ancient Greek, Roman and Norse mythology. Many of our best educators admit these highly-exciting stories of impossible adventure are liable to cause dangerous flights of the child's imagination, if taught by incompetent or indifferent instructors. To make our meaning more clear, when a child is given a lesson in mythology to study he should first be made to fully comprehend the meaning of a myth. He must know it is an unreal, an impossible story, framed by some primitive philosopher, in which the objects and forces of nature are personified as gods or demons, whose terrible experiences contain no truth, but some striking comparisons. To read an exciting story and search for its analogy among nature's forces arouses interest and excites great mental activity; but when the child is given such a lesson to study without an understanding of mythology, he sees only the story and his imagination is excited beyond the power of control. He develops an appetite for fiction of the blood-curdling sort, becomes a novel fiend while in the first grade. When he reads nothing but falsehoods, he takes to lying as a duck takes to water. With competent and conscientious instructors our modern school books are truly high-power educational machines; but without this they are like putting a high-power automobile in the hands of a child with no further instructions than to make speed. As we believed in the lasting effect of first impressions, we could not trust ourselves, or the average teacher, to instruct our own children with the aid of such highly-exciting literature.

We, therefore, followed a different course, and the results have been so satisfactory that we unhesitatingly recommend the method to others. Their grandma had been spending considerable time reading children's Bible stories to them, while they listened and looked at the pictures, until unconsciously they had formed a desire to learn to read for themselves, and had learned some easy words before starting to school. We impressed them with the fact that all literature was not like the Bible, and other books on our table. We told them that much reading material was wild, impossible stories, and unfit to read. Soon after starting to school, they came with a complaint that some of their reading lessons were just great big stories and not fit to read. We agreed with them heartily that some lessons were impossible stories. "But let us see. This book was made for us to learn to read out of. It begins with easy words and each lesson gets a little harder. If we miss one lesson, we miss some of the words we must learn. Let us see if we can not study the lesson to get the words and let the story go for a story." Their teacher failed, as we fear the majority of teachers do, to rightly inform the pupils of the nature of mythology. Many of the scholars became interested in the mysterious and impossible falsehoods, and later showed an exclusive preference for fiction of the lower order. Our children, while disgusted with the lessons their classmates took most interest in, studied with only the incentive of acquiring an education. They remained at the head of their classes, and also escaped forming a depraved appetite for pernicious fiction.

RETROSPECTIVE.—As I look back over my own life, I

have never taken an intoxicating drink, never played a game of cards, or indulged in any form of gambling. I have never danced, chewed or smoked tobacco, or been guilty of prostitution. The credit for these virtues is due my parents and not to myself. I can distinctly remember when many of the evils of these vices were imprinted upon my mind, and I have seldom felt an inclination to indulge in any of them, because before I could do this I would have had to crucify my moral conscience. Heredity did not keep me from indulging, for several of my family have been slaves to some of the vices named. One vice, however, my parents failed to warn me against, and unknown to them I learned this habit from associates. It was not until the habit had become firmly fixed that I learned the enormity of its evil nature. It took me years to conquer that habit, and many bitter hours have I spent wrestling with that temptation. Had I been warned of this danger as I was of others before the habit was formed, the greatest struggle of my life would have been avoided.

CHILD TRAINING SUMMARIZED.—The physical man is made in the breeding, the mental man in the training. Give a baby tin soldiers, toy pistols, and tell him war stories to develop the bloodthirsty heroism of the soldier. Give him tools for playthings if he is to be a mechanic, and toy cars if you desire a railroader. Childish rhymes evolve the poet, hearing oaths breeds profanity. Speak correctly before the child to make a linguist, start a savings account to develop a financier, or send him to the movie and candy store with every penny to make a spendthrift. Tell sensual stories and keep the home sup-



1. Playing Hold-up. 2. Study. 3. Meditation. 4. Exercise.
5. Practice.

plied with lewd pictures to breed immorality. Tell Bible stories to evangelize, or detective and hold-up stories to form the yegman.

Baby bandits are made in the training, not in the breeding. The widely-accepted theory that the child's individuality should not be interfered with, that any restraint or punishment for wrongdoing is cruel and degrading, has resulted in a generation of self-willed boys and girls, who resent home discipline, despise State government, and reject God's moral laws.



A Trade Well Learned Brings Employment.

WILL POWER

WILL POWER means the ability to govern self, and resist such enemies as prejudice, fright, emotion, or evil desire. Will is the king who sits upon the throne of reason and controls the mental kingdom. It is the power of self-direction given man with which to prepare for eternity. With the reason man decides what is best, and with the will he acts accordingly. Will power, like a muscle, grows stronger only by exercise. The cultivation of will power is of far greater importance than the education of the intellect. When the will is concentrated in an effort to keep reason enthroned so that it predominates over prejudice, fear, hatred, impulse, and desire, the ideal man results.

SIN is a disease of the mind. Reason tells the drunkard, the adulterer, the glutton, the liar, or the thief that his future welfare depends upon his reformation, but desire for present pleasure blinds reason and destroys the power to will.

Rage, Anger, Hatred, Worry, Irritability, and Stubbornness all indicate a weak will power. The man in a rage usually thinks he is exhibiting a strong will, but it is the man who can keep cool under trying circumstances that commands a strong, well-trained will. Will power is acquired by resisting evil inclinations, not by yielding to impulse. The stubborn and headstrong man has a diseased or weak will. He is usually credited with a strong will, but this is an error: a strong will listens to reason. The stubborn man is governed by prejudice. His mind is closed against reason and his mental powers are locked. He is in the same position as the horse that is balky. A prejudiced mind is like the pupil of the eye, the more

light you pour into it, the smaller it becomes. The mule or goat can exhibit stubbornness to perfection, yet no dumb animal has either reason or will. Many persons credit the horse with reason, but if the horse had reason no man could subdue him. The horse has a good memory, and an inclination once followed soon becomes a habit.

INDULGENCE in hatred, spite and worry transgresses the laws of health as well as the laws of God. They produce toxins in the blood, which weaken the mind and muscles and destroy the will. I have known a child to be thrown into convulsions by nursing while its mother was in a rage.

PHYSICAL AND MENTAL HEALTH go hand in hand. Mental worry causes physical lassitude, and physical exhaustion causes mental irritability. Surgical operations for the cure of all forms of mental perversion, from lying and stealing down to dissipation and prostitution, are just now claiming the attention of medical science. Where the cause of nerve irritation can be located and removed by surgery, mental and moral improvement follows. A thorn, if not removed, is enough to cause nervous irritability, moral atrophy, and a loss of will power. A strong physique helps to develop a strong mind; and a strong will develops both a strong mind and body.

THE SECRET of mental and moral hygiene lies in total abstinence from the use of all narcotics, and the cultivation of a strong will power, by concentrating the thoughts upon healthy and useful topics; thus preventing mind wandering, idle dreaming, reverie, worry, nervous irritability, anger, or hallucinations.

THE IMAGINATION rightly controlled is one of our most useful faculties. It enables the inventor to perfect his model, the geologist to formulate his theories, and the scientist to reach conclusions.

EVIL IMAGINATIONS are just as dangerous, as healthful imaginations are useful. An idle brain is the Devil's workshop. Idle dreaming leads to reverie, and evil thoughts produce hallucinations. While will is on the throne, and reason rules the imagination, the mind is developing strength, knowledge, and power; but, when the will sleeps, and the imagination is allowed to wander aimlessly from bad to worse, the mental man grows weak, the physical man becomes languid, and evil habits overpower the soul. While the physical man is healthy, and the mental man has proper control of the will, mental orgies will not be permitted during consciousness, and flighty dreams will not occur during sleep.

SAFE RULES FOR MATURING WILL, POWER AND CHARACTER.

The will grows stronger through exercise. The constant control of mental inclinations exercises the will and economizes nervous energy. Concentrate the mind upon useful subjects.

Banish idle thoughts and evil imaginations.

A fickle will yields to impulse, a weak will is the beneficiary of blundering luck, a lazy will is the foundation stone of poverty.

A cultivated will conquers difficulties, a firm will subdues temptation, a strong will rules the mental kingdom.

A capricious will yields to temper, an idle will yields to excitement, a weakened will yields to crime.

An active will prevents fury, a fortified will remains tranquil, a righteous will obeys the law.

The will is the man — cultivate a strong will.

Will to be active, will to be strong,
Will to be healthy, will to live long;
Will not that temper, passion or pride,
Conquer the reason and over thee ride.

Will to be honest, will to do right,
Will to be holy, will with your might;
Will to have mem'ry, active and clear,
Thoughts that are useful will banish all fear.

Will to have knowledge, will to be wise,
Will to have learning, will ever tries;
Will to have honor, wisdom and health,
Yield not to trifles, for courage is wealth.

A desire is what we wish to do; choice, is what we will to do.

By yielding to impressions regardless of reason, a man becomes a slave to circumstances.

A great intellect comes not by inspiration, but through a concentration of the will.

Of too many wills can be said, as of Topsy, "Nobody raised me; I jes' growed up."

Never become excited, cultivate calmness, hold your temper; the man who does this will not lose his head in an emergency.

Never make a decision while sick, angry, or confused; rational moments will bring regret.

Never discount your own experience in favor of another person's opinion.

Never try to convince a mad man, or persuade a stubborn man.

Never consider your own ideas established beyond correction; to refuse instruction is the wisdom of fools.

Never refuse advice, but sift it thoroughly, and then act upon your own judgment.

Never perform an act or make a decision when reason whispers, "Better not."

Never indulge in reverie, evil imaginations, or hallucinations, for nerve leakage saps the brain.

Never read more than you can remember; too much reading destroys memory.

Never, for memory's sake, indulge in alcohol or tobacco.

Never let the will slumber.

Weary man must have rest, and his nerves must relax,
For the constant travail of the mind is a tax;
But the will to be wise, from its task can not roam,
For this cause was it placed as a king on the throne.

BREAKING A HABIT

BY A MAN WHO HAS BEEN TRIED IN THE FURNACE OF
TEMPTATION

A HABIT is an inclination instilled in the sub-conscious mind. Good habits are intended to economize nerve force, and reduce the amount of mental energy required in performing our work. Good habits are formed slowly, because only a small amount of nervous excitement accompanies each lesson. Evil habits grow out of such acts as produce nerve stimulation, or mental excitement. The more excitement or feeling we experience in any act, the deeper the impression is made upon the sub-

conscious mind; and continuous thinking of these mental sensations drives them deeper. Once firmly instilled in the sub-conscious mind, a thought, desire, or action becomes a part of ourselves, and its continual repetition becomes easy, or, as we often say, natural. To break loose from a habit, it is necessary for us to change the inclination of the sub-conscious mind. This can only be accomplished by forming new habits of an opposite nature. A habit can not be pulled up or rooted out of the mind; it can only be forgotten by constantly directing the thoughts in other channels. Evil deeds come from evil thoughts, and, where evil thoughts have been cultivated until they have become predominant in the mind, the only way they can be eradicated is by forcing the mind to absorb useful thoughts, until they have become predominant. To illustrate: Here is a pitcher filled with air; how can we get all the air out of it? With a vacuum pump it is a difficult task, but by filling it with water the air is driven out. In like manner, to get evil thoughts out of the mind, we must fill it to overflowing with thoughts that are useful, elevating, and noble. It is utter folly to try to purify the life by quitting all evil habits, and still harbor thoughts of those habits in the mind. To meditate upon the pleasures of a sin is only to drive the desire deeper; and some day, to use the words of the Apostle Peter, "the sow that was washed will return to her wallowing in the mire." To continually feast the mind upon lustful thoughts, immoral imaginations, or evil desires of any nature will create a burning necessity for the physical gratification of the soul's craving appetite. On the other hand, the mind that is feasting daily upon acts of love, helpfulness, cheerfulness, purity, and an

honorable occupation is chiseling the soul more and more into the likeness of its Creator.

THE BIRD IN THE UNDERWOOD

I saw a bird in the underwood
Held fast by a serpent's gaze;
It struggled long in its feeble way,
Its mind in a fitful daze.

Each moment found it closer drawn
To the fangs that it knew would harm;
Its thoughts were fixed on the evil face,
'Twas held by the serpent's charm.

When drawn so low that all hope was gone,
The bird gave a plaintive cry;
My heart was moved, and I spoke one word,
It turned from the tempting eye.

When once set free from the serpent's gaze,
It flew to the sky above;
Forgotten soon was its earthly woes,
'Twas singing a song of love.

My soul was once in the underworld,
Held fast by the tempter's power;
I struggled long in my feeble way,
But lower fell each hour.

My soul would not that the sinful deed
Be seen by the one Sublime,
But thoughts were held in a mystic sway
To that which I knew was crime.

The thoughts of sin drew me lower down,
Still held by the tempter's gaze;
My heart was weak and the will was gone,
My mind in a fitful daze.

So near I was to the tempter's fangs,
It seemed that my soul must die;
And kneeling down e're I came to sin,
Lord, help, was my feeble cry.

"'Tis I, fear not," said a voice so near,
I turned to behold His face;
The nail-pierced hands and the blood-stained brow
Of One who would take my place.

My soul, set free from the bonds of sin,
Soared high in the realms of peace;
An uncharmed bird in the boundless blue,
It sang of its sweet release.

Thank God for One who will take our place,
When pressed by a foe so strong;
Who pays the debt of a sin-cursed soul,
And puts in the heart a song.

The above poem, if committed to memory and repeated each time a temptation is met, will help to give the mind a change of thought; and many inspiring ideas can be procured from its lines.

NERVE STIMULATION is one of the principal elements of active life. Good habits stimulate the nerves to greater strength, while bad habits stimulate them to the point of exhaustion, or actual stupor. Healthy exercise, a merry laugh, love, music, or even a pleasant thought quickens the circulation, stimulates the nerves, and imparts vigor. Overwork, worry, strife, hatred, lust, carousal, and dissipation stimulate the nerves to the point of exhaustion, and then produce languor or insensibility. Evil habits are practiced because that for the time being they produce a pleasant stimulation. The most quickly disastrous results are obtained where narcotic drugs are used to produce stimulation. These thrills of nervous excitement

quickly monopolize the sub-conscious mind and paralyze the will power, thus producing an uncontrollable habit, which is usually credited to physical necessity. The drunkard must have a drink to warm his blood, cool his system, or relieve an all-gone feeling. The coffee fiend must have his draught to prevent headache, and the tobacco user must chew or smoke to prevent dyspepsia or nervousness. In some instances a gland becomes diseased or irritated, thus producing a burning which is mistaken for a craving appetite, but in most cases the desire comes almost entirely from the sub-conscious mind craving more of the nerve stimulation. Each indulgence deeply impresses the sub-conscious mind, and the thoughts of pleasures experienced tend further in this direction until the mind is almost entirely absorbed with longing desires for a repetition of the act. Before the habit can be conquered, the desire must be broken, then the sub-conscious mind must be rebuilt by healthy stimulation. The intense excitement of one debauch is sufficient to counterbalance several days of quiet, healthful stimulation, however; and before success can be attained, a complete change of the inner mind must be effected.

DESIRE.—It is impossible to change the thoughts as long as the desire is unchanged. A drunkard may be thoroughly disgusted with his own debauchery and resolve to reform a thousand times; but as long as the inner mind continues to crave the nerve stimulation of another spree, the man is a helpless slave—not to a thirst in his throat, but to the desire of the inner man. Physical necessity is not the mother of dissipation; it is inner desire which produces the necessity. After the drunkard has resolved and failed a thousand times, has shattered

his nerves, burned out his stomach, destroyed his kidneys, and paralyzed his will power — he has a sick spell. He is made to forcibly realize that the end of his dissipation is near. Life suddenly looks more precious to him than another spree. His desire is changed. He has no trouble now in changing his thoughts, because his former desire is replaced by a more important one. He can not meditate now upon the pleasures of a spree, because it brings to his mind a picture of the grave, or a drunkard's hell — desire has changed his thoughts and habits. The pugilist, although a sensual man, has no difficulty in refraining from narcotics and cohabitation while in training for a combat. His supreme desire at that time is to conquer his adversary, and all his energy and thought is devoted to that purpose. Most drunkards are not bothered with a desire for strong drink while in prison for some crime committed while drunk. The one thought, at that time, is of liberty; but, upon getting out among old associates, the desire for the old life at once becomes supreme. A forceful realization of the evil of dissipation may sometimes change the desire to such a degree that reform is possible; but among two hundred thousand drinking men persuaded by one evangelist to sign the pledge, aside from those that became Christians, less than two per cent. remained true to their vow.

REGENERATION is the keynote of all true reform, therefore let us notice the reason for its success in changing the lives of many fallen men, and its apparent failure in innumerable instances. It is a gift from God, a work of the Holy Spirit in the heart, or rather in the mind, of a man. It changes his desire from evil to good, lifts his soul from the bondage of sin, and the slavery of

evil habits, and transplants it into the kingdom of God. While God stands ever ready to bestow this, the greatest of all earthly gifts, it is necessary that man do his part; and the gift can not be received until the mind of the man is in a proper condition to receive it. In most lives a complete moral revolution is necessary, *but this is not regeneration*. It is only a necessary condition for regeneration. Man in his own heart must fight the battle for mental preparedness — the conversion, or changing of his moral code — and God bestows the gift of regeneration, or changing of his heart's desires. In accepting this change no two persons pass through the same field of experience. All the thoughts, ideas, and experiences of the past life are drawn together and have their part in this, the greatest crisis in our soul's existence. A child trained by devoted Christian parents may be molded in love with God and all that is good so young that, like Richard Baxter or Count Zinzendorf, he will have no conscious recollection of the hour of his spiritual birth; or after years of sin he may be smitten so forcibly that the event remains for life the one conspicuous event in his experience. How may I know whether I am saved or not is a supreme question in the minds of most unsaved persons. Many, like Christian in "Pilgrim's Progress," by neglecting to serve God get locked in Doubting Castle after having possessed the love of God. Whether obtained by early teaching, gradual change, or sudden revolution, the possession of this gift is a conscious knowledge in a man's heart, although he can not see it in the hearts of others. It is known by this test: While the heart is evil a man loves sin, and either fears or hates God, and much that is good. He may have been morally

taught in childhood, and hence have few evil desires, and priding himself in the possession of moral virtues, refrain from committing many sins for the sake of being respected and honored by his neighbors; but in his heart he loves the pleasures of sin. He may belong to church, live a respectable life, give largely to charity, or even spend his life preaching the Gospel; but if the desire of his heart is simply to be more honorable and more highly respected than his fellow man, he is not in harmony with God, and he will be rewarded in this life only. (Matt. 6: 2, 5, 16; 7: 23.)

The Christian heart is one that loves God and endeavors to live in harmony with God's laws. He may be weak and held down for a season by the lusts of the flesh — by evil habits contracted while living in sin; but in his inner mind he hates sin and the very appearance of evil. He loves that which is pure, elevating and holy, because he loves God and is striving day by day to conquer sin and make his life more like that of his Redeemer. He works to bless suffering humanity and elevate the moral standard in his community, not to obtain the praise of men, but because he loves to see God's kingdom grow. He may have enemies (so did Christ and Paul), but his sweetest revenge would be to see them brought to Christ. His desires have been changed from selfishness to love for his fellow man. (I John 3: 14; 4: 20, 21.)

This change may be initiated through the teaching of God's Word, or the truth may be rejected until some calamity causes the man to see his helplessness in the hands of a just God, and forces a conviction of his sinfulness upon his mind. When he realizes his littleness, his sinfulness, and helplessness before God, he fears

death and everlasting destruction if he proceeds further in sin. He then falls upon his knees and begs God for mercy. He may remain in this condition for moments, days, or months. The rebellious spirit must be broken, selfish pride subdued, and the evil spirit crushed. Evil deeds, which were once his source of pleasure, now look like chains of habit binding him hand and foot to drag him helplessly down to destruction. His old feeling of self-righteousness is gone. The idea that he is as good as the church members has vanished. As helpless and humble as a little child he cries, "Lord, help me to break loose from these habits, forgive my sins, and save me, for the sake of Him who died for me." The prayer may be repeated often before there is complete surrender, a yielding of all evil desires, a dedication of the future life to God. The evil deeds of the past are reviewed; and if there is a man living against whom he has committed a wrong, he, like Zaccheus, will honestly promise God to do all in his power to make amends. (See Luke 19.) When once the battle is fought, however, a calm resignation, an intense stillness hovers over the soul, it may be for only a moment; then into the waiting heart there comes a peace, a love, a joy unspeakable. This joy may come in the form of intense emotion, or it may be a quiet pleasure, a serene delight, a calm thankfulness, an inaudible happiness; but in either case the soul has received the witness that it has been born of God. (Rom. 8: 16.)

REACTION.—The desire of the heart is now changed and the mind absorbed with thoughts of God and love. All thoughts of sinful habits are, for the time being, crowded out of the mind, and the soul finds delight in a new realm of existence. It is recorded of Christ that,

after his victory over temptation in the wilderness, Satan departed from him for a season (Luke 4:13); and as the servant is not above his master, Satan will not leave him long untempted. The human mind is like the eye — it sees many things at once, but only one thing at a time distinctly, and soon tires of looking steadily at one object. A boy is seated on the bank of a stream, fishing. Many objects are before his eyes, but he sees only one distinctly: first a frog on the opposite bank, then a bird in the bushes, and then a rabbit over in the grass; suddenly a tug at the line causes his gaze to be riveted on it just where it enters the water; but as the tug is not repeated he soon tires of watching the line and turns again to see if the rabbit is gone. Memory endures forever, and the soul just regenerated has the old sub-conscious mind to deal with. It may for the present be crowded beyond the line of vision; but Paul says, "When I would do good, evil is present with me." Satan is too shrewd to try to drive a man into sin; he works through suggestion. It matters not whether our weakness is in the direction of pride, temper, dishonesty, intemperance, or lust, our temptations come through suggestion. It may be the sight of an immodest picture, the smell of intoxicants, the sound of a familiar voice, or the passing of an old haunt, which suggests the thought, and out of the sub-conscious mind comes again a picture of the pleasure of the old evil habit. For a moment there is a struggle, a vibration of the balances between right and wrong, a wavering of the attention between evil and good, then the attention becomes fixed upon either one or the other. This decides the battle. If it is fixed upon the good, other good associations soon spring into view, and the

evil recedes to the background, where it is soon lost to sight. If it is fixed upon the evil, other evil associations help to draw the attention until good is lost sight of, and the deed is committed. The sinner sins with a clear or untroubled conscience; but when the Christian sins there is a momentary gratification of the sub-conscious craving, then regret, guilt, and shame sweep across the field of mental vision—"And if we sin we have an advocate" (I John 2: 1)—and this period of remorse, with prayer for forgiveness, strengthens the sub-conscious mind and fortifies the will against the next attack of a like nature. (Read Rom. 6: 12-18, and I Cor. 15: 57, 58.)

FAILURES.—As it is looked upon by the world regeneration is in the majority of instances a failure, and for this reason we beg leave here to discuss the cause of failures. "Many shall fall away because they have not depth of character, or strength of will" (Matt. 13: 20, 22); also, "Many false teachers shall arise, who shall deceive many" (Acts 20: 29, 30, and II Peter 2: 1, 2). Of the surging throng which the world looks upon as making a failure of the Christian life, however, only a very few have ever known of or received the strength which comes through regeneration. The artful methods of modern evangelists result in many instances in sweeping multitudes into the churches, blind to the teachings of the Gospel, and ignorant of the plan of salvation.

For a detailed study of the Christian life see "SAVED OR DECEIVED," price twenty cents, published by the Purity Publishing Company, Parkersburg, W. Va.

BOOK THREE

MORAL HYGIENE

RIGHTEOUSNESS AND HEALTH

Few Christians realize that good health is one of the requirements of righteous living. Many even look upon God's laws as a set of unnecessary restrictions, and imagine that since Christ fulfilled the old law and died to save the sinner we are released from keeping the Mosaic law, and are only required to join some church and live a sort of decent life to gain heaven.

GOD'S OBJECT.—After one-third of the angels rebelled and were cast from heaven, God placed man on the earth and told him to multiply. The laws of both the Old and New Testaments are designed for the protection of health and the preservation of the race. They may be divided into two groups: those dealing directly with health, and the laws of love. These latter may also be regarded as laws of health, since modern metaphysics and psychology tell us that joy, peace, love (not sensuality or lust), happiness and contentment are conducive to the highest degree of health, while anger, hate, grief, worry, anxiety, jealousy, and sensuality fill the blood with the toxins of disease. Because of limited space, we will only review here a few of the more important laws of health given in the Scriptures.

IDOLATRY.—“Neither be ye idolaters as were some of

them; as it is written, The people sat down to eat and drink, and rose up to play" (I Cor. 10: 7). In Col. 3: 5 we find idolatry consists in fornication, uncleanness, inordinate affection, evil concupiscence, and covetousness. The worship of idols was always accompanied by immorality and carousal, hence was detrimental to health as well as forestalling the worship of the true God. "With their idols have they committed adultery" (Ezek. 23: 37). "And they shall no more offer their sacrifices unto devils, after whom they have gone a whoring" (Lev. 17: 7). "Then I will set my face against that man, and against his family, and will cut him off, and all that go a whoring after him, to commit whoredom with Molech, from among his people" (Lev. 20: 5).

"Remember the Sabbath day to keep it holy" (Exodus 20: 8). "The Sabbath was made for man, and not man for the Sabbath" (Mark 2: 27). Even the heathen nations know that the carnal man will soon wear out unless given regular periods of rest; and France, with all her boasted disregard of God's laws, found it necessary to set apart every tenth day as a day of rest and recreation.

"Honor thy father and thy mother that thy days may be long upon the land which the Lord thy God giveth thee" (Exodus 20: 12). It is the obedient son who keeps the laws of health that is an honor to his parents, and not the rebellious son who squanders his vitality in dissipation. The meats that are forbidden as foods in Lev. 2 and Deut. 14 are those that our modern physician tells us are liable to transmit such germs as trachina and the tapeworm cyst unless thoroughly cooked, and possibly the development of the science of cooking is the reason why such meats are not condemned in the New Testament.

Compare the strict Jewish laws concerning uncleanness and pollution in Deut. 23: 12 and Lev. 15 with our modern laws of sanitation and the cause of tetanus poison, also notice that the ashes used in purification in Num. 19 were the most efficient disinfectant then available. The Jewish ordinance of circumcision is regarded by the modern physician as being for cleanliness and a protection against sexual excitement. It is being resorted to in many of our juvenile delinquent courts as a remedy for various criminal inclinations.

Sexual perversion is the sin most often and bitterly condemned and severely punished. (See Lev. 20.) And no other sin strikes so deadly a blow at health and the perpetuation of the race. In Matt. 5: 28, Gal. 5: 19, I Cor. 6: 9, and Col. 3: 5 the cultivation of such thoughts as lead to sexual sins debar the person from entering heaven. It was for this sin God drove the nations out of Canaan (Lev. 18: 25), destroyed Sodom (Jude 7), drowned the antediluvian world (Gen. 6), and turned his back upon Israel (Hosea 5: 3, 4; Jer. 23: 14).

"The law is not made for a righteous man, but for the lawless and disobedient, for the ungodly and for sinners, for unholy and profane, for murderers, for whoremongers, for them that defile themselves with mankind, for men stealers, for liars, for perjured persons" (I Tim. 1: 9, 10). "Know ye not that ye are the temple of God and that the spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy" (I Cor. 3: 16).

By a brief study of the lives of the patriarchs let us notice that as sin increases, the length of life correspondingly decreases. Following a direct line of descendants

from Adam to Moses, observe how the length of life decreases from 930 to 120 years: Adam, 930; Seth, 912; Enos, 905; Cainan, 910; Mahalaleel, 895; Jared, 962; Enoch escaped death by an exceptionally righteous life (Gen. 5: 23, 24; Heb. 11: 5); Methuselah, 969; Lamech, 777; Noah, 950. Notice the effect of a righteous parentage, manifested in the extreme age of Methuselah, and the probable reason for the great age of Noah (Gen. 6: 9). The average age of those mentioned above is over 912 years. Extreme wickedness now caused a rapid decrease in the length of life. (Gen. 6: 5, 11, 12; Rom. 5: 21; Prov. 10: 27.) Shem, son of Noah, lived 602 years; Arphaxad, 438; Salah, 433; Eber, 464; Peleg, 239; Ren, 239; Serug, 230; Nahor, 148; Terah, 205. The average is thus quickly reduced to 333. Abraham, 175; Isaac, 148; Jacob, 147; Levi, 137; Araam, 137; Moses, 120. The average in this group is 144 years. These figures are the more significant when we realize that during the time from Adam to Moses the following sins were introduced: Murder (Gen. 4: 8); polygamy (Gen. 6: 2); incest (Gen. 19: 33-36); rape (Gen. 34: 1, 2); burning (Gen. 19: 5-9; Rom. 1: 27). By reference to II Samuel 19: 32 we find that within four hundred years after the time of Moses a man was considered very old at the age of eighty. Righteousness and the laws of hygiene are inseparable. If no sin were committed for four generations life would be greatly lengthened, and disease would be practically a thing of the past. This was recognized by Shakespeare in his day when he made one of his characters to say: "Though I look old, yet I am strong and lusty: for in my youth I never did apply hot and rebellious liquors in my blood: *nor did I with*

unbashful forehead too the means of weakness and debility; therefore my age is as a lusty winter."

God works through natural agencies. Man was not made for the purpose of sin, and when he indulges in sin he is by nature's own laws bringing self-destruction.

IMMORALITY.—Man—made in the image of God—is the only creature which has perverted the means of reproduction to sensual gratification and consequent self-destruction. Sexual perversion impoverishes the mental, moral, physical and spiritual man, and makes him unfit to fight the battles of life for self, the nation, or for God. Rome fell not from the prowess of her enemies, but from the internal corruption of her own heart. Greece, Egypt, Persia and Babylon also fell under the mighty sway of social corruption. France to-day is morally rotten, and French statesmen for years have been trying by legislation to increase the birth rate. At the beginning of the European war over half her citizens were of illegitimate birth. In Paris alone within three years there were one hundred thousand murders, suicides and rapes; and in one year the bodies of ten thousand murdered infants were fished out of her sewers.

OUR NATION'S FOE

Social corruption retards motherhood, impairs manhood, prevents the proper development of childhood, and is the one great enemy that threatens our nation to-day. The history of all great nations of the past has been that when they became morally corrupt God allowed them to be destroyed by war, famine, earthquake, fire, or degeneracy.

At present more than half our people are suffering

from the effects of venereal diseases; three out of every five applying for military appointments are found physically unfit for the service. Railroads and factories are finding it more difficult each year to procure men strong enough to do their work. Statisticians tell us that the birth rate to-day among degenerates is almost double that of the better class. Though a young nation, we are old in vice and corruption. Where is this evil to stop? That sex education is the only way in which this evil can be checked and social conditions improved is the universal opinion of all good men and women engaged in rescue mission, vice reform, social improvement, and white-slave suppression work in all our large cities. This education must reach the child before evil habits have been formed, if much improvement is to be hoped for. When our children know the evils and dangers of prostitution they will cease to waste their virility in debauchery. Reforming prostitutes is like gathering withered flowers. In this work an ounce of prevention is worth more than tons of cure. It matters not how carefully we may train our girls, so long as they have only depraved boys to associate with; and it is next to useless to try to teach a boy purity after he has formed a sensual appetite.

WRONG IMPRESSIONS gained by the small boy and allowed to take root are the secret of our nation's moral depravity. Our only hope of reforming is to train the small boy correctly. When the child is repulsed, or told a deliberate falsehood when it comes to the parent for information concerning life's secrets, its curiosity is only the more aroused. It turns to vicious-minded playmates or depraved men for such knowledge, and can not escape acquiring a sensual appetite. All parents are certain that

their children have strong moral characters; and when moral training is mentioned, they raise their hands in holy horror. Would you set no food but candy and cake before your child, and when told such a diet would destroy the child's health reply, "Oh, my child would never eat such food"? "No." Well, then, can you tell lewd jokes and obscene stories before your child, or let it learn from playmates the pleasures of sensuality, and knowing it is ignorant of the dangers say, "Oh, my child would never do such things"?

"Lust and liberty creep into the mires (marrows) of our youth; that 'gainst the streams of virtue they may strive, and drown themselves in riot."—*Shakespeare*.

THE PERIL OF YOUTH

Sexual perversion is the greatest danger which confronts the average child of to-day. Sex is the pivot around which the entire life revolves. Upon the right solution of the sex problem depends the successful development of the child, not only sexually, but also physically, mentally, morally, socially, spiritually and financially. It is upon this shoal that ninety-nine per cent. of the shipwrecks of early life occur; yet, strange to say, this is the one danger which has been kept most carefully hidden from the child. When among its playmates the child hears obscene stories or smutty remarks and comes to mamma or papa for enlightenment, it is invariably told, "Hush, clear out, and never let me hear such dirty talk again." "Hush" will never satisfy the child's curiosity. Its playmates soon find it is ignorant of certain truths, and ridicule the child for its ignorance, or boast that they know something it does not. These truths are soon

imparted to the hungry mind of the child—and with them *much that is not the truth*.

MORBID CURIOSITY.—An exaggerated imagination concerning the pleasures of sensuality is especially prevalent among children, and when the child hears vivid descriptions of unknown pleasures its curiosity is excited beyond bounds. Tell a child of some fruit or food new to it, and it inquires at once what that is, refusing to be satisfied until it knows what the fruit resembles and what it tastes like. Thus an insane desire to know more of the mysteries of sex matters fills the child's mind. Entirely ignorant of any evil lurking in its path, the child grasps one bit of information after another until it learns it can produce the desired feeling with its own hand. Once the conscience is blurred by masturbation, and the moral decline is usually rapid. All parents resent the thought that their children would become sensual, and I have known Christian parents to become angry because warning literature was placed in the hands of their children; but the fact remains that no child is secure, unless taught the dangers of sensuality before it associates with other children out of the presence of its own parents. Estimates, gleaned from the united reports of rescue-mission and vice-reform workers, convince us that nine boys out of ten, and nearly half the girls in our country, are addicted at some time in their lives to masturbation. The confessions of girls taken from houses of prostitution reveal the fact that over half of them came from well-to-do and respectable families. The children of the minister, the college professor and the business man are in equal danger with the child of the slums. Almost every parent approached will admit his neighbor's children are

immoral, but resent bitterly the idea his own children will become tainted by associating with them. If we can only keep the guilt of our own children's blood from ringing in our ears for the present we try to imagine we are doing our Christian duty toward them. Almost every candid man I have approached upon this subject, and they are many, has declared that a knowledge of the sexual evils when young would have been of more value than all the wealth a father could bestow upon him.

MASTURBATION

No parent believes that his or her children will learn masturbation, and revolts at the thought of telling them about this evil for fear of putting impure motives into their minds. With every community filled with lust, parents can not keep their children in ignorance. Masturbation is abroad in our land, and its forces must be met and defeated, if our children are to be saved from its blighting curse.

Symptoms.—The first indication that the habit has been formed is usually peevishness and a desire to be much of the time alone or out of sight with some intimate chum. The child usually becomes pale, languid, nervous and irritable where the habit is practiced. It fails to learn as it should at school, the eyes become weak, the throat irritated, the voice husky, the appetite freakish, and the expression of the face coarse. There is complaint of lame back, lassitude, wakefulness, headache, nervous exhaustion, and trembling of the knees. These symptoms are not all present at one time, but appear one by one as the system becomes more exhausted; and where the

loss of sexual power does not check the drain upon the system, insanity, epilepsy, tuberculosis, blindness, or some other organic disease is likely to result. The parents who wait until their children show symptoms, and then upon discovering the habit beat or abuse the child, are worse than demons. Abuse will only make the child worse. It needs sympathy and assistance in conquering the habit. Reason with it and picture to it the inevitable consequences if the habit is continued. Strive to assist the child to keep its mind occupied with useful topics, and the muscles employed at sufficient exercise to divert the blood from the sexual organs into the more useful task of producing manhood.

FALSE MODESTY

Most parents revolt at the thought of teaching a child sex truths. They can talk the latest scandal in the presence of the child, tell obscene stories, vulgar jokes and smutty tales, in fact, do about all in their power to excite the child's curiosity and arouse its passions; but when it comes to saying anything to the child about sex hygiene, or informing it of the evil habits, "Oh, horrors, tell my child such immodest stuff, and put such impure notions in its *innocent* (?) little heart?"

A neighbor woman, when asked if she did not think it was time her children were taught something of the sexual evils, revolted at the thought of putting such impure ideas in the minds of her children; later it was learned that at the time her little boys, the oldest only six years of age, were in an out building trying to induce a little girl then eight years old to let them play with her

sexual organs. This little girl had been taught the evil of such things and had her mamma for a confidant on all such subjects, consequently a tragedy in her life was avoided.

Our own children have always spoken to us as freely of sex topics as they would of the germination of a grain of corn or the fertilization of a strawberry blossom. We have never had any trouble about their wanting to speak of such things before other persons, and it has always filled them with disgust to hear their schoolmates use smutty language. So far we have never had any reason to regret thus teaching them the truth. The old method of trying to raise the child in innocence and ignorance has certainly been given a thorough trial and found wanting. When we shrink from telling our child of life's dangers we are guilty of its blood when lost in dissipation.

"Thus I have shunned the fire for fear of burning: and drenched me in the sea where I am drowned."—*Shakespeare*.

A TRAGEDY

If parents could only be made to realize the early age at which a child's moral life is decided by the manner in which sex truths are first learned, they would be more careful as to where and how the child's first lessons are learned, and how teasing and joking upon sex topics are allowed before their children. After listening to an address upon this subject by the writer, a very prominent man, a resident of a distant city, came to me and said he had a secret which he had never confided to human ear, but he desired now to tell me, so that others might profit by his terrible experience. He bound me with an

ironclad oath to never divulge his name, as he wished to protect his mother, and then gave the following as his experience: "I have every reason to believe my mother lived a clean, pure life, and I could never tell what caused her to do the thing I am about to relate, unless it was that she was young and giddy, and yielded to the impulse of a moment, doubtless, thinking I was too young to remember. I do not even recall what her face resembled; but I do recollect seeing a woman, sitting on a bed, who parted her knees, raised her gown and said, 'Look what mamma's got.' Some time after that I shocked mother by attempting to raise the dress of another lady, searching for her sexual organs. I remember little more of the subject until I was old enough to learn some sex knowledge from older boys, when the immoral picture of a woman became vivid in my imagination and for years I scarcely had a pure thought. I gave my heart to God and joined the church when fifteen years old, but for years afterward my immoral brain held me a helpless prisoner. Mother thought I was living an exemplary Christian life, but hundreds of nights I have spent in the red-light district of a neighboring city. When at home I practiced masturbation until my health came very near giving way. That I escaped infection with venereal disease is due only to the protection of a merciful God. Thousands of times I have fought with temptation until I thought I would go crazy. I have walked the floor of my room with a revolver in my hand contemplating suicide. Married now and with children of my own, I am able to control my outward life, but still at times I am unable to keep the sensual image of a nude woman out of my mind. *It is impossible to get loose from that one first lesson.*"

THE PARENT'S MISTAKE

All but the most depraved parents desire to raise their children upright and pure. A wrong view of the sacred function of human reproduction is to blame for most parents making such miserable failures along this line. We were all brought up under the old theory that children must be kept in ignorance of all sex matters as long as possible. We all got our information upon this subject, not from our parents, but from vulgar associates and in impure language. We heard only vulgar and sensual remarks about the reproductive function, and in our mature years we see where all we ever learned upon the subject did us much harm. If our children could be shielded from all vile and vulgar talk until they were old enough to reason, and then be told by father or mother the truths of life, they would have an opportunity to learn moral purity; but it is impossible to raise a child in ignorance of sex life if it associates with other children, or even with its animal pets. Nature has endowed the child with curiosity. It is just as natural for it to ask questions and pry into secrets in order to develop its mental powers as it is for it to romp and play to strengthen its physical powers. When it first comes to mamma or papa with such questions as, "Where did baby come from?" or "Where did Bossy find the calf?" it is as innocent and pure as an angel could be. If all parents could only see the difference between half-truths, taught by vulgar and vicious playmates, and the pure truth taught by a noble father or pure mother, the old method, which has proven such a miserable failure for so many generations past, would be at once abandoned.

MORAL QUALIFICATIONS NECESSARY.—Before the parents can rightly teach the child these delicate subjects, it is necessary that they have a right view themselves. I know one man who, hearing some public speaker advocate that parents teach the child sex truths, proceeded to teach his small son in his own vulgar and immoral way. It is needless to say that the child freely imbibed the father's depraved craving for obscene stories and lewd conversation. A parent can not teach purity unless he has the moral qualifications. He must regard the organs of sex and their function as pure and sacred. As long as he revels in sensuality, laughs at every obscene story and smutty remark, he is prepared only to transmit the same qualities to his child. He will, in fact, teach the child in the same manner as its vulgar playmates would teach it, if he were to leave the child to learn such truths from that source. It is the duty, therefore, of all parents to equip and inform themselves, so they can rightly instruct their children; for if we tell the child a falsehood when it comes with its first innocent questions about where baby came from, and later compel the child to hush when it comes to know what was meant by some vulgar remarks made by its playmates, it can result only in disaster. *The child's curiosity can not be satisfied in this way.* Repulsed by its parents, it soon learns the truth, and much that is not the truth, from its playmates. When it learns that papa or mamma have tried to deceive it with a story the child loses confidence in them; and thus the means provided by God for the safe training of the child is destroyed.

THE WHITE LIE.

"Oh, mamma, whence came the dear baby so bright?"
Asked innocent Johnnie, with childish delight;
But mamma she shuddered, how wrong it would be
To tell the plain truth to a child young as he.

So framing a story about a big bird,
She told him the falsehood that often is heard;
A justified story, she reasoned within,
To keep the dear boy from all sensual sin.

But Johnnie one day went to play on the street,
Where vileness with lewdness and innocence meet;
Life's secret was learned from the immoral throng,
And much that he heard was exceedingly wrong.

His knowledge obtained in a sensual way,
Caused Johnnie to grow more immoral each day;
Thus feasting on evil the child did mature,
But mamma said Johnnie was growing up pure.

He's soon into sensual habits beguiled,
And wickedness grew on this innocent child;
His face became pale and his eyes had a droop,
His knees had a tremble, his figure a stoop.

Then mamma grew anxious, the doctor was seen,
He knew what was wrong, but the truth he must screen.
The boy became taller, but not very strong;
Some said 'twas consumption, he can not last long.

But Johnnie got married and tackled life's work,
His health was against him — the boss said he'd shirk;
So mamma's fond hopes failed to climb very high,
One time she had told him a *little white lie*.

LIFE'S SECRET

Many persons have debated the question as to whether their children should be told the secrets of life, but this question is useless; that matter is settled. The child will hear, and the only question left for the parents to decide is how and by whom the child is to hear. No certain age can be given at which we should begin to teach the child sex secrets. Most children will begin by asking such questions as, "Where did I come from?" "Where did you get baby?" etc. This is a warning that the child's mind is beginning to unfold and is ready for such truths. If no such questions are asked, the child should be informed anyway before it is started to school, or begins to play with older children out of mother's sight. The subject should be opened with such a child by asking if it knows where his kittens or the little birds came from. No fixed speech should be prepared for the purpose of informing the child, but the subject should be studied until the parent is prepared to answer in a natural way such questions as the child may ask, when once the subject is opened. If convenient, the child should be prepared for the occasion by being shown a nest of birds or a tiny chicken, and if he inquires, explain its mystery to him. If he does not inquire, wait until he shows some curiosity along this line. When the child does ask a question, as it almost invariably will, lower the voice to a whisper to impress the child that it is strictly confidential, and begin with, "That, my child, is a secret which I will now tell you, and none, but you and mamma, must ever hear it spoken of."

THE BIRDS.—"Do you remember the little eggs in the

bird's nest, and how the mother bird sat on them to keep them warm? The little birds grew in the egg until they were too large for the shell to hold them, then the shells came open and the birds came out."

THE CALF.—"Now the calf was once a tiny egg and it grew inside of its mother until it became too large for its little house, then it came out where we can see it, and began to get its food by nursing."

BABY.—Should he ask where baby came from, say, "The baby grew in a little house right close under mamma's heart, where it was nice and warm, and when he grew too large for his little house, he came out where we could play with him and he could get his food from mamma's breast. That is why mamma loves her baby so much; it was once a part of her own body. This is part of God's sacred plan for bringing more people into the world, and we must not speak of it where other people will hear us." If he fails to understand what a secret is, and begins to talk before others, stop him at once, and taking him to another room repeat what is meant by a secret, and he will not be likely to make the same mistake a second time. He will soon ask some other questions, prompted by childish curiosity, and these should be answered candidly, as it is natural for the child to seek knowledge; and in his mind no impure thoughts are harbored—it is all God's sacred plan to him. He will ponder much about the relation of himself and mamma, and love mamma more and more as he understands the tie which binds the two together. Possibly he may ask what relation he is to papa, and you can explain to him that God made papa large and strong so he could work and earn money with which to buy food and clothing

while mamma raises the baby. This will satisfy the child for the time being, but it will not be long until he will come to ask about the actions of the chickens or some animals.

BREEDING.—By this time the mind is mature enough so that the boy should be sent to papa and the girl to mama for information, and it can now be explained to them that the rooster is the papa bird and the hen the mamma bird, and that by breeding they start the egg to growing in the mamma bird. Our own children saw the breeding of animals and asked what it meant; when told, they showed no sign of morbid curiosity, and did not ask personal questions concerning this sacred function. Some writers advocate having children of opposite sex take their bath together in the presence of mamma, in order that they may see and ask concerning the difference in the form of the boy and girl, and then be told one is to grow to be a mamma and the other a papa; but, personally, we believe this is going to the extreme. Curiosity is usually aroused soon enough without our going to the trouble to hasten it.

MODESTY.—Our own children were taught as early as possible to keep their bodies hidden from the view of others, as we believe they should from earliest recollection regard these organs as sacred to self. The custom of dressing children until ten or twelve years old in such a manner that their limbs are exposed to view every time they stoop over can not be too bitterly condemned. If a child gave any evidence of having a curiosity concerning the form of the opposite sex, we would arrange for it to witness the dressing of some small baby, as curiosity unsatisfied will lead to sensuality. At the same time we

would caution the child against allowing its mind to dwell upon sensual things. Tell it God intended that we should keep the hands and thoughts away from the organs of sex, so that they may grow in a natural way, allowing the inner secretion produced by these organs to enter the blood, and cause us to grow into strong men and lovely women. The office of the inner secretion and the importance of pure thoughts, chaste habits, and the evil of smutty talk should be fully understood by the parent, and repeatedly told until it is thoroughly comprehended by the child.

A COLT VS. THE BOY.—There is not a farmer in America who would trust half a dozen reckless boys to harness and break his three-year old colt. He knows that wrong first impressions made on the colt's mind are retained for life; but how many are turning their boys out to learn life's secrets from such companions? Is the colt of more value than the boy? Our boys must have companions, it is true, but we can teach them the truths of life before they start to school or begin to play with other children. A well-trained horse is not so easily spoiled as an untamed colt, and if our boys know of the evil results of sensual habits they will not be near so easily persuaded into them. I have heard a father argue that if he told his boy of masturbation he would never rest until he had indulged in the habit. True, if the boy is told of the habit and informed that it is the greatest pleasure imaginable or that he will never be a man until he can accomplish this feat, he will fall into the destructive vice. Is there a father in America that would tell his son such untruths? Then God have mercy on the father who will leave his son in ignorance to listen to

such talk as he will hear when he mingles with the untaught rabble of the world. Girls as well as boys must be taught the evils of sensuality if they are to be saved from moral destruction. It is very doubtful if a single school in our land is free from sensual talk, and in many schools investigation has shown a seething hotbed of lust, even among the primary departments.

CLEANLINESS.—It is necessary that both girl and boy be taught when quite young to bathe the genitals, especially the parts under the prepuce; and if any irritation is present to apply vaseline. Where smarting or itching is complained of attend to its treatment at once. It may be that the urethra is inflamed by scalding urine. Any irritation is liable to cause the child, while scratching or rubbing the parts, to form the habit of masturbation.

TEASING.—No person should be allowed to tease children about beans. Many times we have seen ardent church workers guilty of this demoralizing habit. None but the morally depraved would ever do this if they would only think of the pernicious effect it has upon the child. While most children resent licentious teasing, they are at the time absorbing a sensual inclination, and as a result we see them at the age of twelve or fourteen swinging a beau, when they should be playmates, with no thought of sweethearts in their minds. It is desirable that the girl admire the manly ways of the true knight, and that the boy admire the pure-minded and cultured lady; but they should enjoy each other's company without thinking of the sensual. When they are teased continually about each other they can not help having impure thoughts, and such thoughts ripen into lust, not love.



1. Teach babies to kiss.
2. Tease children about beaus.
3. Banish lovers to the darkened parlor.
4. Then say it was a streak of bad luck, or physical necessity.

BOOK FOUR

SEX HYGIENE

WHAT A BOY SHOULD KNOW *

There can be no positive rule successfully adhered to in teaching the boy the necessary truths concerning sex hygiene, but the father must inform himself and be prepared to impart information as the mind of the child demands it. It is of vital importance that the father keep the confidence of the boy and encourage him to come for information as he desires it. Then, by teaching the child that vile, smutty talk is wicked, he will come to father when playmates attempt to poison the little mind, and he can thus tell when further information is needed by his boy.

PURITY.—The first thing concerning sex that should be taught the boy is the necessity for pure thoughts. He should understand that playing with the organs of sex will cause irritation and excitement. This will prevent their proper growth; and thinking much of these organs, or indulging in lustful curiosity concerning the breeding of animals, will foster immoral habits, which hinder the growth of both mind and body.

CLEANLINESS.—The boy should be taught early in life to cleanse the folds within the prepuce or foreskin, in

* This chapter is intended for the instruction of the parent as to how to teach the boy. If the boy is to read for himself, he will get a much clearer idea of this subject in a pocket-size booklet, **SEX KNOWLEDGE** for the boy. Price, ten cents.

order to prevent irritation and inflammation, as these troubles are liable to lead to destructive habits.

PHIMOSIS is an abnormal condition which affects many boys. It is a contraction of the prepuce or foreskin of the penis, which prevents the skin from being shoved back so as to expose the glans (head) of the penis. Many boys having phimosis have succeeded in shoving the foreskin back of the glans, only to have it tighten upon the penis, and strangulation results. The parents are not likely to be informed of the trouble until inflammation has begun, making it impossible to return the foreskin to its proper place until clipped by the physician. To avoid this accident every mother should notice her boy before three years old, and if the foreskin protrudes beyond the end of the penis and contracts to a point, she should at once begin stretching or spreading the foreskin with her fingers. In this way a normal condition can soon be produced, but most physicians now recommend that such children be circumcised.

ADHESION.—In this trouble the foreskin becomes adhered or stuck to the glans of the penis. This is not likely to occur until five or six years of age, and the boy should be instructed how to stretch the foreskin and break the adhesion with his own hands. It may require several efforts before all the adhesion is broken, and an application of vaseline at frequent intervals is needed to prevent it again adhering. This trouble can also be overcome by circumcision.

CIRCUMCISION consists in the removal of all the foreskin by surgery. Where the foreskin is left on, the secretion from the glans of the penis accumulates under it, becomes dry, and has an offensive odor. Irritation is

caused, and, as the penis glans is the seat of sexual feelings in the male, sexual excitement is produced in the boy at an early age. This is often the cause of masturbation. With the foreskin removed, this filthy condition can not arise, and as the mucous membrane covering the glans thickens and becomes less sensitive, abnormal sexual desire, from this source, will cease. Masturbation is made more difficult, if the boy should attempt to form the habit through immoral desires. If circumcision is not resorted to, the boy should be taught in infancy to clean the parts, and when dryness occurs, to use vaseline.

PUBERTY.—When between twelve and fifteen years old the boy reaches the age called puberty. This is the dawning of manhood, but it will require eight or ten years for the boy to become a full-fledged man. This period can not be shortened, but the use of cigarettes, tobacco, alcohol, or the habit of masturbation, often delays, or entirely prevents, the arrival of perfect manhood. At puberty the sexual organs begin growing; in fact, the entire form grows much faster than it has for several years. Within two or three years the voice changes from the fine tone of the child to the deep bass voice of the man. The boy should be careful at this critical period not to injure his voice by singing in either a high or deep bass tone, but let the tone drift naturally from one vocal pitch to the other, during the months of this change. When strained at this time the voice never fully recovers. When masturbation or vulgar thoughts are allowed, the testicles, at puberty, begin forming the spermatozoa, and their loss greatly hinders growth and health of the boy.

THE INNER SECRETION.—The testicles should, at this age, devote all their strength to the formation of the inner

secretion, which is absorbed by the blood and assists in developing every part of the manly being. To illustrate this truth let us take two colts and remove the testicles of one and leave the other a stallion. We can now feed and care for them just alike; but the one that was castrated, by not having the inner secretion to enter his blood, will grow up slim-necked and with a docile disposition; while the stallion, by receiving the secretion formed by the testicles, will develop a thick, arched neck, deep chest, sparkling eye, dilated nostrils, and strong muscles. He is a full-fledged horse, with energy and courage. Turn him in the field with a hundred of his castrated brothers and he will put the entire herd to flight. In ancient wars it was customary for the conquering army to castrate the captive boys. They would then grow up to be eunuchs instead of men. They would have a thin beard, narrow shoulders, and an effeminate voice. They were cowardly and would never care to fight for liberty, but become obedient slaves. Compare the eunuch with a full-fledged man, having broad, strong shoulders, heavy beard, bass voice and brilliant mind, full of vim, energy and enterprise, and we can see the effect of the inner secretion upon the growing boy. A boy is seldom made a eunuch in this day, but we often see young men who are dull, weak, lazy and stunted, having no ambition or courage. In many cases this has been caused by their having wasted their sexual energy in masturbation. The sexual organs should never be used for making semen until the man is fully matured.

CONSCIOUS EVOLUTION.—The mind has a wonderful influence over the development of manhood. When mind and muscles are busy during growth, at work, or health-

ful exercise, study, or controlling the temper, the boy's surplus energy is used in physical and mental growth and acquiring will power. When the attention is devoted to novels, lewd pictures, vulgar stories and sexual desires, the inner secretion is stopped, and the surplus energy goes to arouse unnatural desires and uncontrollable passions, causing seminal emissions and physical lassitude.

MASTURBATION.—The vile habit of rubbing the sexual organs to produce pleasure is a crime which ruins the life and destroys the health of multiplied thousands of boys each year. Boys usually learn this revolting habit from older companions; but sometimes it is accidentally acquired by scratching the organs to relieve itching, or burning sensations, caused by the uncleanness of the parts. Finding keen pleasure in the habit, and ignorant of its terrible consequences, the boy allows his mind to drift from healthful play, study or work to the vilest imaginations. Vile thoughts keep the passions aroused and the habit is soon firmly established. The boy becomes peevish, pale and nervous. His eyes lose their sparkle and his muscles become flabby.

EMISSIONS of semen many times pass beyond control and occur upon seeing a lewd picture, hearing a vulgar story, or during erotic dreams. In most cases a partial or entire loss of sexual power prevents complete physical destruction, but the inner secretion being checked, the boy becomes the thin-chested, effeminate-looking, poorly-muscled man so evident in America to-day. He lacks energy and ambition and seldom makes a success in the business world. Many never reach manhood—the exhausted system giving way to fever, tuberculosis, or other germ diseases. Some are stricken with epilepsy, blind-

ness, or insanity. As he grows older the boy usually seeks relief in prostitution, believing natural intercourse to be healthful. This is a substitute and not a cure. Intercourse exhausts the system and prevents the formation of the inner secretion just as masturbation does. The only advantage in favor of prostitution is that less friction causes less irritation of the glans. Irritation always causes sexual desires by keeping the passions excited and unsatisfied, thus causing the act to be committed more often.

REFORMING.—Some boys after they learn the evil results of masturbation will quit, but the majority lack the moral courage to make the necessary fight. The boy who has never begun should beware of the first offense. It is a thousand times more dangerous than the first drink.

HELP.—Many advertising quacks claim to cure masturbation and emissions with drugs, but they are frauds. No medicine is known which will do this, except by destroying the power of the sexual organs. Masturbation is not a disease, but a habit. If you will remove the habit, its distressing symptoms will gradually disappear, and, where it has not been practiced too long, almost complete recovery is possible. Emissions once begun are seldom stopped; but they will, when the mind is kept pure, cease to occur so often, and will not contain the spermatozoa, which is the vital part of the fluid. The periodic discharge of the oily fluid from the seminal vesicles is not a severe loss.

HABIT BREAKING is not an easy task. Its secret lies in conquering the desire which comes from the brain — *and not from the sexual organs*. Lustful desires, lewd pictures and immoral stories are poison to the mind.

Until these are driven out, it is impossible to quit the habit. The only way to get immoral thoughts out of the mind is to keep it employed upon useful and elevating topics. If this is done, the habit can soon be conquered. The sexual organs must be kept clean and not irritated in any way. If dry or sensitive, wash and apply vaseline, but keep the hands away from these organs at all other times; and do not allow the clothing to rub or irritate them.

REACTION.—It is seldom that a young man can quit masturbation entirely at the first effort. The sub-conscious mind will likely have several returns of the depraved craving, which will at times momentarily conquer the will power. Do not think because you fall a few times after reforming that you are helpless. The greatest injury from these falls comes from the mental depression which tends to cause one to give up, and many make the sad mistake of becoming desperate and giving over to wanton excesses for several days. When a fall of this kind occurs, care should be used not to irritate the glands, and the fight for moral purity should be renewed with added determination to conquer by the help of Christ.

EMISSIONS.—It is necessary in overcoming emissions that strict attention be paid to the diet, as the rich or highly-seasoned food, spices and narcotics are inclined to make emissions worse. A hearty supper of rich food, such as meat, cake, pie, ice cream and confections, is very likely to be followed by an emission. Spices of all kinds irritate the sexual organs and make self-control more difficult. Constipation is often the direct cause of emissions. The internal organs of sex lie directly between the colon and bladder, and an engorged colon and full

bladder cause irritation and excitement, which eventually results in an emission.

NARCOTICS of every class weaken the will power and reduce resistance to evil. It is while under the influence of wine or alcohol that a very large per cent. of both girls and boys for the first time yield to prostitution. Tobacco has a direct effect upon the sexual organs, and English and French physicians are sounding the alarm that tobacco-users transmit a feeble constitution to their children. In France it is noticed that a large number of tobacco users are at the head of childless homes. The writer is acquainted with one boy who at the age of seventeen was using tobacco excessively, when he suddenly lost the power to masturbate. He is a dwarf both mentally and physically. Tobacco unnerves the adult, stupefies the mind of the child who uses it and reduces the power of control. To overcome seminal weakness strict attention to all hygienic rules such as given in the first section of this book must be observed. The boy who makes an honest effort along these lines will soon be rewarded with returning health, self-reliance and energy. For further instruction read the chapter on breaking a habit.

MORBID CURIOSITY.—We all have a natural curiosity which prompts us to progress from the known to the unknown. To be opposed in such efforts to obtain knowledge only intensifies our inquisitiveness, and produces a diseased condition of the mind, which is known as morbid curiosity.

Many depraved men take delight in magnifying the pleasures of sensuality, until a boy imagines there is no pleasure on earth to be compared to the ecstatic thrill of

sexual contact. The Mohammedans have developed this morbid desire until they picture heaven as a place of complete sexual gratification. It is this curiosity which so often prompts the well-bred boy to stoop to rape, incest, or urning. Girls are equally susceptible to this great evil. Curiosity first prompts a boy to try masturbation, and not entirely satisfied with the results he soon seeks for other substitutes for the one supreme desire — natural intercourse. Any truthful man who has experienced both will tell you that there is very little difference in the sensation of masturbation compared with that of coition. Masturbation requires a more intense effort of the will and severe friction, which closes the act with a pronounced nervous shock. The friction produces irritation of the parts and leaves the passions unsatisfied, causing the act to be repeated more frequently than where coition is practiced. For this reason masturbation is more exhausting to the system than coition. It is commonly taught by ignorant men, and by many malicious physicians, that coition is healthful; and it is often recommended, by the morally-depraved physician, as a cure for the evils resulting from masturbation. It is not a cure, but an exceedingly dangerous substitute, as it so often leads to the more serious trouble — venereal disease.

Sexual contact can never bring to the morally depraved the pleasure that their insane imaginations expect. The boy tries masturbation and is not satisfied with the result. He continues to revel in sexual desires, tries first one, then another way of masturbating. His craving is never satisfied. He gets a chance to join some prostitute and expects to enjoy the supreme moment of his life. He is disappointed again, having found little, if any, more

pleasure here than in masturbation. His nerves have become so overwrought that he can not obtain pleasure in contact. Still on through life he goes, seeking sexual gratification and seldom getting more than momentary relief from his burning passions. Swift loss of health and everlasting destruction are all that await him. He marries, not for love, but to find relief for his burning passions. Intercourse does not irritate the penis glans as much as does masturbation, but his insane craving is never satisfied. He soon finds fault with his wife, thinking it is her fault that he never gets the pleasure his diseased brain is craving. She is disgusted with his constant overindulgence, and a quarrel and divorce follow. Coition is forever a disappointment to the man with a morbid appetite. The culmination of a true marriage relation is love, and not *lust*.

"Pleasures are like poppies red,
You seize the flower, its bloom is shed;
Or like the snowflakes that fall in the river,
A moment white, then gone forever." —Burns.

ACUTE INFLAMMATION of the spermatic cord occurs only after the boy reaches the age of puberty, and is caused by intense sexual excitement, as when he fondles over the person of a girl. The liberation of large quantities of spermatozoa from the testicles engorges the vas deferens, resulting in irritation, swelling, and great pain along the spermatic cord. Hard lifting, masturbation, or coition, so often resorted to as a relief of this condition, is dangerous. The spermatic cord may be injured, and sterility or varicocele caused in this manner. Only one remedy is known (or needed) for this trouble — BOYS, DO NOT COURT TEMPTATION.

VARIOCELE is an enlargement of the veins around the testicle and along the spermatic cord. It generally comes from acute inflammation, as noted above. Sometimes, however, it is caused by local injuries to the cord; or it may result from seminal weakness, caused by sexual excesses. The testicle usually shrinks in size, and the enlarged veins feel like a bunch of worms. Wearing a suspensory bandage to support the weight of the testicles gives relief in mild cases, but an operation is sometimes necessary. Suspensories are for sale in most drug stores, but after once seeing one they can usually be made at home to fit more comfortably than those bought in stores. Constipation and straining at stool aggravate the trouble.

SEXUAL DESIRE.—All healthy young men will sometimes have sexual desires, but as long as the mind is kept free from lustful thoughts and immoral desires the sexual appetite is easily controlled. God has endowed us with various talents, the control of which strengthens will power and arouses manhood; but the subjection to them destroys manhood and our fitness for eternity. We relish the taste of food; we have the emotions of love, hatred and temper placed under our care. Rightly governed by a strong will each of these is useful and essential to our being, but if we allow any of the emotions or appetites to run to an extreme they will make a wreck of some part of our being.

THE SECRET OF CONTROL lies in our ability to direct the mind. You enter the kitchen and the odor of cooking food enters your nostrils. The saliva fills your mouth, the stomach soon has an empty feeling, and the mind craves food. Just then the telephone rings and you take down the receiver. A familiar voice shouts: "Hello,

Bob; we are getting up a lark for this evening. Can you meet us at ——?" All thoughts of hunger vanish and for several minutes you discuss the plans for the evening. As you turn from the telephone you again notice the odor of food, and hunger returns. The sexual appetite is governed in a similar manner. Impure stories, obscene pictures and coquettish girls constitute the culinary department of sensuality. When the mind is allowed to indulge in any of these, the sexual appetite will be excited—often beyond control. When the mind is kept on useful and elevating topics, the sexual appetite is forgotten, and the seminal energy is conserved for the building of mental and physical manhood. By the cultivation of will power we make the choice between present sensuality and future usefulness. Our brain is a mental field in which we grow the fruits of the Spirit, or the weeds of sensuality and sin. When weeds are once allowed to germinate there is no way of digging them up. Our only hope of getting rid of them is to smother them out by the cultivation of better and more useful thoughts.

WHAT A YOUNG MAN SHOULD KNOW

THE SEXUAL ORGANS.—The exterior sexual organs of the human male consist of the penis and scrotum. Within the scrotum of the normal male are two almost solid organs called testicles. The round, solid part on the underneath side is called the testis, and wrapped partly around the upper end of the testis is a soft, irregularly-shaped mass of coiled tubes and blood vessels known as the epididymis. The testis and epididymis combined form the testicle, which ordinarily measures about one and one-half inches in length, one and one-fourth inches

in width, and nearly one inch in thickness. Starting at the smaller end of the epididymis, the spermatic cord leaves the scrotum and passes up into the pelvic cavity. One part of this cord is a tube called the vas deferens, which, when it reaches a place just back of the bladder, enlarges into a sack-like structure called the ampulla, beyond which it again contracts into a narrow tube and unites with the tube coming from the other testicle; and both passing through the prostate gland empty into the urethra — the tube leading from the bladder to the end of the penis. Just back of the ampulla are two small sack-shaped glands, called seminal vesicles, which empty one into each of the narrow tubes just before they unite. The prostate gland is located at the neck of the bladder, and just below the prostate are two more small glands known as Cowper's glands; these empty into the urethra.

FUNCTION.—The purpose of the testicles is to manufacture the life-giving sperm cells, which consist of a head, a neck, and a long tail. These sperm cells, or spermatozoa, are released in immense numbers during sexual excitement, but only then. They have a flagellate or snake-like motion, by which they propel themselves along the moist walls of the vas deferens until they reach the ampulla. The seminal vesicles secrete an albuminous fluid, which collects within the glands themselves, and is discharged with the spermatozoa and secretions from the prostate at the culmination of the act of copulation. The normal operation of the sexual organs is as follows: Immediately after the act of copulation the several glands and ducts are all empty. The testicles at once begin to form more spermatozoa and probably a million or more are formed, but remain in a dormant state within the

lobes of the testicles. This task completed, the testicles resume their occupation, that of producing the inner secretion. This secretion enters the blood and plays an important part in developing the entire physical system. The spermatozoa remain dormant in the lobes of the testicles for days or even months, providing there is no sexual excitement; but as soon as excitement sufficient to cause an erection occurs the testicles begin to release the spermatozoa, and the more intense the sexual feeling the faster their release. They are quickened in the epididymis, and by their flagellate or snake-like motion they propel themselves along the vas deferens until they reach the ampulla, where they collect until the completion of the act. Cowper's gland has been lying idle since the last copulation, but at the beginning of sexual excitement it begins to form an oily secretion, which is discharged at the beginning of copulation. This secretion serves two purposes, it cleanses the walls of the urethra, which is necessary on account of the acid in the urine being fatal to the life of the spermatozoa; and it also serves to lubricate the parts, as the oily substance, appearing drop by drop at the opening of the urethra, spreads over the end of the penis and aids in sexual intercourse. This oily secretion is discharged whenever there is strong sexual excitement, whether copulation is indulged in or not. The prostate gland plays an important part in reproduction. In male animals castrated before puberty the prostate gland withers and practically disappears. It secretes only during sexual excitement. At the completion of copulation the ampulla, the prostate and seminal vesicles all discharge their contents into the urethra, and this mixture is called semen. The purpose of the secretions from

the prostate and seminal vesicles is to furnish a body for the spermatozoa to float in, and they also draw nourishment from it. From the time they leave the testicles the spermatozoa never stop their flagellate motion until they die, and if sexual excitement has released a quantity of them and the sexual act is not completed they stop in the ampulla and soon perish. If the act is completed and they are mixed with the secretion from the seminal vesicles and the prostate and pass into the female, they retain their vitality for several days. This is a provision of nature, as it often requires considerable time for the spermatozoa to find and fertilize the ovum or egg in the female.

SEMINAL EMISSIONS.—As stated above, the seminal vesicles, after they once become active in the young man, will continue to secrete their part of the semen; and when not used to perform the sexual function they become gorged with the secretions, and in order to relieve the pressure an emission occurs. With most men these emissions occur while asleep, and are accompanied by an erotic dream and a sexual sensation, followed by the discharge of semen. These emissions are more likely to occur while lying on the back with the bladder full, as the seminal vesicles lie just back of the bladder, and in this position a pressure occurs against them, aiding to excite the emission. With a few men the emissions occur while at stool, as an effort to expel a hard stool presses the vesicles against the bladder. Thousands of healthy young men have worried themselves almost insane and many have spent almost the last cent they possessed with advertising specialists (humbugs), who make believe this is a vital fluid and its loss denotes impotency. This

periodic emptying of the seminal vesicles is a perfectly natural function, and represents no loss of vitality as long as the testicles are not excited and spermatozoa brought into the emission; but when obscene or adulterous thoughts are permitted and sexual excitement produced, the spermatozoa are released from the testicles and collect in the ampulla. The prostate becomes gorged with its secretion, and these help to keep up sexual excitement until an emission occurs. Under these conditions an emission represents a loss of vital energy. Every young man can see the necessity and importance of keeping the mind free from impure thoughts. With normal health and a pure mind, emissions should not occur more frequently than once a week; and in many men of frugal habits, those who eat but small quantities of the plainest foods and drink no narcotics, emissions are seldom or never experienced. These healthful emissions are followed by a feeling of relief and exhilaration, while those caused by seminal weakness or obscene thoughts are usually followed by depression, languor or headache. It will be noticed that highly-seasoned, stimulating foods or drinks will make emissions more frequent. Emissions experienced by a boy or man who is masturbating, or having sexual intercourse at frequent intervals, are a sign of disease, as under these conditions the seminal vesicles should never become engorged. As the conditions which lead to these emissions are caused by sensual thoughts, it will be readily seen that the disease is not of the sexual organs, but of an immoral brain. The only effective treatment for this condition is to cleanse the mind of impure thoughts. No medicine can prevent emissions except by partly paralyzing the seminal organs.

CONTINENCE.—One pernicious falsehood that has been very widely circulated is the idea that the young man can not live a continent life, and his sexual desires must, in some way, be gratified. Fakes are to be found in every profession, and there is hardly a community which has not, at some time, supported a physician of depraved character. Quack doctors, after they have captured a young man's pocketbook or exhausted his store of confidence, will tell him it is impossible for a young man to live a continent life and be healthy, and advise him to visit a prostitute as the only hope of a cure for his seminal emissions. This advice, coming from a doctor, is considered high authority, and the information is imparted from one young man to another until the entire neighborhood is poisoned with the idea that prostitution is a necessary evil, and a continent life unhealthful. In the preceding pages we have explained that seminal emissions in a healthy young man are not a loss of vital fluid, and that sexual gratification, either by prostitution or masturbation, interferes with the inner secretion. Where will power and pure thoughts are cultivated a continent life is practicable and the most healthful life that can be lived. If by disease loss of semen does occur during emissions, the further loss by prostitution could in no way improve the dissipated young man.

PROSTITUTION.—I have heard many depraved men argue that there is no harm in seeking sexual gratification with the woman who willingly consents for a price. There are many reasons why prostitution in any form should not be considered permissible.

A Crime.—Prostitution is a crime against God, society, health and the unborn children. Read in Deut. 22: 22-30

the severe penalty that God imposed for fornication in order to keep this evil out of Israel.

Prostitution corrupts society and lowers the standard of morals in a community. At least 80 per cent. of the women who practice prostitution for a "price" have been either seduced or trapped and forced into this depraved life; and as long as our men continue to buy such goods the white-slave procurer will ply his trade. It should be remembered that practically all such women are diseased part of their life, and many of them all their professional life; and the man who associates with such women is running a much more serious risk than he generally supposes. The health certificate carried by public prostitutes is no insurance against infection. Practically all the physicians whose names grace such certificates are outright frauds. No honest physician could afford to engage in such a nefarious practice. No superficial examination will detect a large per cent. of infections; and, moreover, the woman who is living a public life might be free from infection one day and not so the next. The man who lures a pure and innocent girl into clandestinity for the gratification of his lust may be sincere in the belief that he is doing her no very great wrong, and that if an accident occurs he will marry her, and thus protect her name; but will a man rob God of the virtue of a pure woman's soul, thinking it is no very great wrong? Every honest man who has tried this experiment will, if truthful, tell you that a man can not love a prostitute further than to lust after her flesh, even when she has only surrendered her virtue in his own arms and at his own request.

WHAT A HUSBAND SHOULD KNOW

EXCESS BRINGS MISERY.—The bark of love may float smoothly for years upon the gentle waters of courtship, but when sails are hoisted for the journey upon the sea of matrimony, it usually takes but a few hours to strike the rocks of unhappiness or the shoals of dissipation. This early shipwreck is usually caused by the husband, who thinks only of the selfish gratification of his own lusts. To think that marriage is a license for the most wanton excesses is a serious mistake, but it is one that many men can not realize until they have shipwrecked health and driven love and happiness from their homes. Marital excesses are as destructive to health, pleasure and happiness in the marriage state as in illegitimate intercourse. Many men, when they marry, imagine they will plunge into sexual excess for a week or two and then settle down to a decent life. This is a mistake, for by the time he has about exhausted his surplus sexual energy, the subconscious mind has caught the fever of constant sexual excitement, and he finds it impelling him on to a life of orgies and physical lust; but long before this he has probably crushed the vital spark of love from the breast of his wife. If love is to remain in the home, he must look upon his wife as his equal in moral rights, and not as his slave for the gratification of his own lusts. That many women are sexually depraved we will admit, but they are not the kind men marry if they know it; and we believe that the majority of wives, if given the chance, would lead their husbands into paths of purity, health and honor.

It is especially necessary that he use self-control and consideration for his wife's feelings the first night. Many pure brides, with sensitive feelings and a delicate phys-

ique, have been driven to suicide by the husband's first brutal assault. By being careful and considerate, the husband can usually satisfy the craving of his nature without torturing his wife. Even if she prove too sensitive to admit of entrance into the vagina, the husband can find relief for his pent-up energies by simple friction of the glans of the penis between the lips of the vulva. The question most newly-married men ask themselves is, "How often can I indulge and not ruin my health?" The question should be, "How much self-control can I muster?" Just how often a man should indulge is impossible to say, as there is a vast difference in individuals; and the wife also has rights which must be recognized if love and happiness are to remain in the home. A man of brawn and sinew who is doing hard muscular work can endure ten times more sexual excess than a corpulent man doing only office work. Again, one man will complete the act in a few seconds, while another will require thirty minutes, and will expend twenty to fifty times as much energy as the first. Each of these undesirable extremes can be readily improved by a proper exercise of will power during copulation. One form of excess which is most destructive to health is that of attempting copulation several times in one night. This practice soon destroys the virility of the man, and in many instances the irritation of the mucus membrane produces an inflamed condition of the organs of both parties, which is followed by a fetid discharge closely resembling the discharge of gonorrhea. Lewis cites this as a frequent source of estrangement. This irritation and inflammation is also caused by uncleanness, and it is advisable for both parties to clean the exterior parts by bathing before inter-

course. In many homes sexual indulgence is practiced during pregnancy and lactation. A few women have been able to do this without any apparent injury, but in most cases the practice is a crime against the infant. Almost every physician has attended numerous cases of abortion produced in this manner; and spasms and convulsions in many infants have been traced to the mother giving nourishment to the child soon after copulation. We believe this practice is especially dangerous when the mother has copulation forced upon her against her own desires.

MARRIED LIFE is God's intended and man's ideal life, but when the marriage relation is abused it produces moral depravity and sexual exhaustion more quickly than prostitution. If married life is to be healthful, moral and happy, it is necessary that husband and wife unite in an effort to cultivate pure thoughts, chaste conversation, and temperate habits.

SENSUALITY.—Where husband and wife spend night after night locked in each other's arms and the day fondling over each other, they keep their minds centered upon sensuality, and an immoral brain, mental exhaustion, and physical lassitude soon follow. Children born of such exhausted venery are weak, puny and short-lived, having been robbed of their moral right to be well born. Sensual depravity is not even conducive to the highest degree of sexual pleasure. It is by living a chaste life and resorting to intercourse only when necessary for the relief of surplus energy, that the highest degree of pleasure is found; and children born of this store of energy are blessed with vitality and good health. Almost every community can produce living examples of the man who boasts of his

sexual prowess, and is cursing the world with a family of degenerate children.

WHAT A GIRL SHOULD KNOW *

There can be no fixed rules laid down as to just when and what the mother should tell the girl about sex matters. She should have the proper store of information at hand; and, as circumstances and surroundings suggest, the daughter should be told from time to time those things for which her mind is prepared. If the mother has retained the child's confidence by carefully answering such questions as are brought to her by the inquiring little mind, she will always hear from the little lips just when rude playmates or other things have awakened curiosity and made the child's mind ready for some further knowledge upon this subject. To withhold information when the child comes for it, not only destroys the child's confidence and sends it to evil sources for the knowledge, but it excites further curiosity, as secrets and mysteries always do in the youthful mind. Furthermore, Mrs. Edholm well says that the one word, "Hush," spoken by the mother when her daughter comes to ask about the mysteries of life, has filled many a child's mind with an idea of horror concerning motherhood, which has caused her to shun the sacred culmination of the married life.

CLEANLINESS is one of the first laws of sex hygiene. Within the mucus membrane of the external organs of sex are thousands of little glands that secrete a substance

* This chapter is intended for the instruction of the parent as to how to teach the girl. If the girl is to read for herself, this subject is made much clearer in a pocket-size booklet, *SELF KNOWLEDGE* for the girl. Price, ten cents.

which, if not removed with a damp cloth or by similar means, will become fetid, and will soon produce irritation. The burning or itching which results leads to rubbing or scratching; and in this way sexual excitement is produced which often leads to masturbation.

CIRCUMCISION of the female is now being resorted to by the nerve specialists of juvenile delinquent courts in many of our large cities, and many remarkable cases of reformation in girls, who had previously proven incorrigible, have been reported. Constant irritation of any nerve is conducive to mental depravity. Lying, stealing and other faults besides sexual perversion have been conquered where the operation was followed by careful hygienic treatment. The operation consists in paring away the folds of the vulva, behind which the secretions form and lodge. Many enthusiasts are taking an extreme view that circumcision of both the male and female will solve the problem of sexual perversion; but, while we look upon this measure as a relief for many of the depraved, we can see no reason why any lady with a proper knowledge of cleanliness and hygiene should allow herself to become so filthy as to require the operation.

WHITES.—Small girls are liable to experience an unclean condition within the vagina which at first resembles whites or leucorrhœa in older women. It differs from leucorrhœa in that it affects the vagina alone and not the uterus. If left untreated this trouble soon produces inflammation and in many cases ulceration. In its early stages this trouble yields readily to treatment with the antiseptic douche used for leucorrhœa.

MASTURBATION.—The vile habit of rubbing the sexual organs to produce sexual pleasure, while not as common

among girls as boys, is, nevertheless, a crime which ruins the life and destroys the health of thousands of girls every year. It is claimed that more women than men are in the insane asylum from this cause. Not because more girls than boys practice the habit, but because the nervous system of women is so closely connected with the organs of reproduction. Many girls are taught this habit by older companions; not a few, however, learn it themselves by rubbing the parts when irritated by uncleanliness or the clothing, or by some object on which the girl may be sitting becoming pressed against the sexual organs and producing a feeling of pleasure. Finding keen gratification in the habit and not noticing any ill effect from the first few indulgences, the girl little suspects the terrible results that are to follow as she takes up the habit. With every indulgence the mind becomes more sensual and depraved. The girl soon becomes peevish, irritable, and disobedient, and the constant excitement of the sex nerves soon leads to nervous troubles. The mind becomes sluggish and stupid and the girl becomes gloomy and despondent. She sees no pleasure in life, and not a few seek relief in suicide, while the remainder become prostitutes. It is safe to say that every girl who willfully enters a life of shame does so through the door of masturbation. The physical form does not escape the effects of the habit. The eyes become lusterless, the cheeks haggard, the muscles soft and flabby, and the breasts shrink. As the body becomes weakened and the blood impoverished dyspepsia, dropsy, tuberculosis, or almost any other organic disease is liable to result. There is almost no limit to the variety of freaks which may occur. One girl

has an aversion to male associates, another has a depraved craving for things unfit for food, such as chalk, gloss starch, or clay. The physical troubles usually produced by the habit are: inflammation of the uterus, leucorrhœa, uterine displacement, and derangement of the menstrual flow. The girl usually grows into a roughly-built, coarse-featured, masculine woman.

COURAGE NEEDED.—The girl who has begun this destructive habit, now that she knows its dangers, should muster her courage and will power to quit the habit at once. She will find it necessary to keep the sexual organs clean and free from irritation, but on no other account should she handle or think of them; or allow her thoughts to dwell upon sensual stories, lewd pictures, or lustful love songs. It is by keeping the mind pure and never abusing the sex organs that a beautiful form, healthy body, cheerful mind, charming personality, and a life of true pleasure and usefulness is formed. For further instruction upon this subject read the chapter upon "Breaking a Habit."

PUBERTY, or the dawning of womanhood, is a great change in the girl's life. It usually requires eight years for this change from girlhood to womanhood to be completed. It begins in warm countries at about ten years of age, while in our climate it does not begin until thirteen or fourteen, and in colder climates not until the girl is fifteen or sixteen.

THE INNER SECRETION.—With the beginning of puberty the sex organs, which have remained dormant, begin to grow. The ovaries and breasts now begin to form a material called the inner secretion, which enters

the blood and makes a remarkable change in the entire body. The muscles develop quickly, the chest expands, the hips grow broader, the hair becomes thicker and more glossy, and the voice changes to a richer tone. The mind becomes more active and she is more ladylike, brilliant and attractive. She is now forming those characteristics which we all admire in a lady. Suppose at the beginning of puberty we were to remove the ovaries and breasts, or that by obscene thoughts she should cultivate sexual desires and form the habit of masturbation, and thus interfere with the formation of this inner secretion. We would then see a different kind of development. The muscles being small and soft, the form looks rough-boned and mannish, the features coarse and masculine, the voice husky, and her mental tastes rough and unladylike. This is certainly reason enough why every girl should avoid the company of wild girls and boys, and not read trashy novels, entertain impure thoughts, or handle her sexual organs.

CONSCIOUS EVOLUTION.—The mind has a wonderful influence in the development of the growing girl. While the mind is occupied at work or healthful exercise the blood, containing the inner secretion, is building strong muscles, sparkling eyes and a beautiful form. When occupied at studying, or controlling the temper, it is building brain or a strong will. Reading novels, indulging in sensual thoughts, or flirting with the boys arouses base desires, fosters animal passions, and robs the system of vital energy.

THE MENSES or outer secretion also begins at puberty, but of this more will be said later. Every girl should be informed by her mother before the advent of the menses,

as its appearance is liable to cause the ignorant girl a severe nervous shock.

A YOUNG GIRL'S ETHICS.—The dawning of puberty is a critical period, as it is at this time that so many girls follow customs and take up habits which later lead to ruin. It is here that the quiet, mannerly girl changes to a silly, giggling flirt, who lingers much of her time at the 'phone, inciting the most ridiculous conversation, or stands on the street corner exchanging silly banTERS with the boys. Her dress is the extreme limit of uselessness, both as to moral chastity and protection of her health. After reading a few love-lust novels she falls desperately in love with some cigarette fiend or sporting vagabond, and soon midnight strolls or joy rides are the culmination of her highest hopes. Even if she does not fall into disgrace, she can never regain her self-respect or the confidence of her neighbors. Should a girl stay hid from the boys and never indulge in a merry laugh? No; there are two extremes. It requires eight years for a girl to complete the change from girlhood to womanhood, and during the first half of this period she is more girl than woman, and she and the boys of her age should associate together without a thought of becoming sweethearts. She should admire the manly ways of the good boy with a pure heart, who is courteous, kind and brave, and stands for what is right; and she should despise and shun the boy who uses obscene language, filthy habits and immodest manners. Such boys take fiendish delight in luring girls to ruin. While she avoids this class of boys, a girl should be careful that her own influence is elevating. The girl that resorts to low necks, slit skirts and immodest bantering to win the love of men, may suc-

ceed in exciting sensual admiration, but never their love. *Sensual admiration is not love.*

HANDS OFF.—Every girl should make this her iron-clad rule. She should lead pure-minded boys in pleasant conversation and innocent play, but under no circumstances should she take liberties with a boy or allow his hands upon her. She should allow the boys to arrange their own neckties, and she should tie her own shoes. She should allow no approach at freedom, much less hugging or kissing. Every pure-minded boy will admire chastity in a girl, even when he may sometimes try to induce her to break over her scruples. Remember that the vilest men seek the modest, chaste, pure girl for their brides.

DANGER.—Remember the nation is full of demons in men's clothing, who are looking for pure girls, to rob them of their purity. No girl is safe in forming the acquaintance of and accepting attentions from any man, young or old, whose lifetime record she does not know. With over half our people afflicted with venereal diseases, every pure girl should know with whom and what she is associating. In one city six pure girls contracted syphilis by allowing a gay young sport to kiss them. It is a weakness peculiar to her sex which causes a girl to place implicit confidence in the polite, attractive young man, and he, knowing her weakness for indirect flattery, improves every chance to make her believe she is the most attractive lady of his acquaintance. There is almost no limit to the influence a rogue can exert upon the human mind when once the confidence is gained. Thousands of pure girls have been induced to sell their virtue in pros-

titution to procure means with which to enable their supposed lover to prepare a home; and where this ruse will not succeed many are married and taken to houses of prostitution, there to be sold and deserted. Outside the list of professional seducers, every neighborhood contains many unscrupulous young men who are looking for some winsome girl for their individual pleasure. No matter how sincere and affectionate a lover may be, if he asks for your virtue, you can be certain his love is not true. No man would ask for the virtue of the girl he loved. He will guard and protect jealously her honor and virtue. In some few instances a young man may be sincere in his intentions to marry when he asks for the virtue of his fiancée, but his love is lustful; and should she grant his request he will loathe her ever after. No man loves a prostitute, even if he is to blame for her fallen position.

DRESS.—Short sleeves, low necks, slit skirts and semi-transparent waists not only tend to lure the wearer and her male associates into sensuality, but they also bring her a life of misery and an untimely grave.

COLDS.—A woman may take a nude wind bath a hundred times, and not notice that it hurts her; and then one chill during or just previous to her menstrual period, when her blood is filled with poisons and her system relaxed, causes her to catch cold. A cold is an inflammation of the mucous membrane, usually of the throat or head, but at this time the sexual organs are already gorged with blood, and the cold attacks the mucous membrane of the uterus and deranges the menstrual function. It leaves the uterus enlarged and heavy, and in splendid shape to contract more cold at the next menses. As a

result of this accident, if such it can be called, one girl soon succumbs to dropsy, another to tuberculosis, while others endure a life of misery and suffering from an enlarged or misplaced uterus; as the added weight of enlargement is liable to cause misplacement.

CORSETS.—Another dangerous feature of women's dress is the corset; or, where no corset is worn, the equally silly custom of supporting the weight of the skirts by a band around the waist. Even though worn loosely, it must be remembered that every ounce of pressure applied around the waist must cause a corresponding pressure down through the pelvic cavity; and when this pressure is brought to bear upon the sexual organs of the growing girl it can not help retarding circulation and preventing their growth. It is safe to say that every girl who wears a corset, or tight waist band, for the first eight years following puberty will have prevented her sexual organs from growing to their normal size. Even the breasts will be small, since nature has decreed that they shall mature with the uterus. It is this condition which makes childbirth so difficult and nursing impossible with so many women of civilized countries. Heathen women use better judgment about dressing and enjoy as good health as their husbands. See "Style and Health."

SEXUAL DESIRES.—All healthy girls will experience desires for sexual intercourse. Do not become alarmed and think such feelings indicate a depraved being. On the other hand, do not allow them to conquer your better nature. Such feelings indicate that your physical form is normal, that you are budding into womanhood and have a power to hold under your control. God gives each of

us powers of various kinds and holds us responsible for the use we make of them. We have a relish for the taste of good food, and we have the emotions of love, hatred, and a temper to control. The sexual desires come naturally from our physical being; but if we allow the mind to dwell upon and magnify these desires they permeate our whole being and become uncontrollable. If we would hold these powers under control to be used for the purpose God intended, it is necessary, therefore, that we make use of our will power to keep the mind upon useful and pure thoughts.

BEAUTY is a treasure which every girl covets, and the possession of which has proved the undoing of thousands, since it is among this class principally that the white-slaver, the public procurer and the individual procurer ply their trade. There are two forms of beauty, physical and intellectual. Not every girl can possess the former, but all can procure the latter. Much can be done to overcome homeliness, and loveliness can be added to beauty. Good health is absolutely essential to beauty. The observance of hygienic laws, such as plenty of sunshine, frequent bathing and proper diet, will do much toward enhancing beauty. A normal condition of the sexual organs is another essential, therefore a high development of the inner secretion should be cultivated by pure thoughts. Remember, a sensual-minded girl is never a true beauty, neither is she a favorite. Pleasure, anger and sorrow are pictured in the face; therefore cultivate a lovely disposition. No paint or powder has ever yet been found that will completely imitate the beautiful glow of health; and these artificial colors, when they are

washed off, leave the skin coarse and brown, having burned out the natural coloring matter. And besides this, with all diligence, add to your faith, virtue; and to virtue, knowledge; and to knowledge, temperance; and to temperance, patience; and to patience, godliness; and to godliness, brotherly kindness; and to brotherly kindness, charity. For if these things be in you and abound, they make you that ye shall be neither homely nor unlovely.

VANITY has ruined the beauty and also the virtue of thousands of girls. If a girl once imagines she is pretty, all her pretty ways are spoiled. Her self-conscious beauty is repulsive to everybody. Vanity is dangerous. Evil-minded men recognize this weakness and take advantage of it. When they see a girl puffed up with vanity, they know that it will only take a few carefully-directed words of flattery concerning her beauty, her winning ways and intelligence to cause her to flutter into their net like a moth into the candle. Another casualty, which often befalls the girl afflicted with vanity, is that she turns her attentions to captivating men with her pretty face, silly chatter and sensual manners. In this capacity she serves the purpose of a female demon in promoting sensuality.

PIMPLES upon the face are an endless source of annoyance to many girls. As these usually make their appearance about the time of puberty, many persons have supposed they were caused by masturbation. While this vice is conducive to impoverished blood, and bad blood is the cause of pimples, it is unfair to pronounce pimples an indication of this habit. The girl with well-nourished blood and a clean physical system, as described in the chapter on hygiene, will seldom, if ever, be bothered with pimples.

WHAT A WOMAN SHOULD KNOW

FORM OF THE REPRODUCTIVE ORGANS.—The vagina is a flexible tube, extending from the vulva or exterior back and up between the rectum and bladder. At its upper end is the uterus or womb, a hard, pear-shaped ball, hanging little end down. It is supported by ligaments or muscular bands. These fasten to the middle of the uterus and to the walls of the pelvic cavity above. From the uterus the fallopian tubes extend to the ovaries, which lie one on either side of the pelvic cavity, near the hip bone. The bladder lies in front of the vagina and connects with its upper edge just at its juncture with the vulva by a short tube, called the urethra. Between the lips of the vulva and just in front of the mouth of the urethra is the glans clitoris, which corresponds to the glans penis in the male, being the seat of sexual feeling and having the power of erection, so that it enlarges and becomes hard during sexual excitement. It varies in size in different women from the size of a small pea to as large as the end of the thumb. During childhood the mouth of the vulva is almost closed by a circular membrane called the hymen.

MENSTRUATION begins at puberty. Its advent marks the dawning of womanhood; its close, or the cessation of the menses, is called the menopause. This comes, as a rule, thirty years later. The beginning of the menses is an important event in a girl's life. The approach of this period is usually announced by an uneasy feeling in the small of the back, sometimes there is headache, and often there are pains in the lower abdomen. Lassitude and peevishness are often experienced. An egg in one of the ovaries enlarges and finally bursts its covering. The

uterus during the ripening of the egg becomes swollen with blood and soon a discharge of mucus tinged with blood escapes from it, and leaves the body by way of the vagina. This discharge lasts usually from one to four days. It cleanses the uterus for the reception of the egg, which now passes from the ovary through the fallopian tube to the uterus. Here it remains a few days, and then, if not found and fertilized by the sperm from the male, it passes out with a second discharge, which is usually so slight as to be unnoticed. An egg in the other ovary now begins to swell in preparation for the next menses, which occurs, in the normal woman, every twenty-eight days; but at first the girl is liable to miss one or two periods before experiencing another menstruation.

PAINFUL MENSES.—The healthy girl, who has taken plenty of outdoor exercise, dressed so as to protect herself against cold, and has not compressed her waist, will be regular in her times of menstruation and will experience very little pain. Among civilized women, however, this can be said of few. Tight dress waists exert a constant pressure down through the pelvic cavity. The uterus is thus pressed down out of its natural position and prevented from growing to its natural size. With semi-nude clothing colds have been contracted, and this causes great irregularity in the time, and either scant or too profuse flow of the menses. In many instances it brings on dropsy, tuberculosis, or blood poison, and proves fatal within a few months. If young women could only be brought to realize the real danger of colds, they would certainly be more careful about nude wind baths, wet feet, and working in cold water, especially during or just previous to the menses.

DISPLACEMENT.—There is usually a feeling of heaviness in the lower abdomen, pains in the groin, side, or back, and nervous headache when the uterus is displaced. If this trouble has been of long standing, it is almost impossible to do much to relieve it; but when it first occurs it can be relieved by simply wearing the clothing loose, with the skirts supported from the shoulders instead of hanging from the hips. If a bandage or obesity belt is worn, to help hold up the weight of the intestines until the muscles can again regain their tone, it will also hasten recovery. Few women are willing to take this treatment, however, because they are slaves to the dictates of fashion, and it takes true heroism to break the bond of slavery and stand for freedom. Instead of removing the cause and allowing nature to heal their ills, most people prefer to have the doctor give them some nasty concoction to pour down their throats and relieve their suffering by stupefying the nerves. Remember that constipation aggravates displacement, as the load in the intestines presses directly against the uterus.

ADHESION is often present in severe cases of misplacement. In this trouble the uterus adheres to some part of the pelvic cavity or to neighboring organs. A physician sometimes makes a great ado when he discovers adhesion, claiming that the hospital and an operation is the only chance for relief. In many cases this is resorted to for displacement alone. Any physician, so minded, can easily break an adhesion of the uterus and correct a displacement, with but little inconvenience for the patient, and with no occasion whatever for the use of chloroform or ether.

SUPPRESSED MENSES may occur from different causes.

If a girl is poor, pale and languid, she may fail to menstruate merely from a scarcity of blood in her system. In which case tonics and a general improvement of health by hygienic living is needed. When severe inflammation of the uterus is followed by contracting cold, the next menses is liable not to appear. This is a serious condition and often leads to dropsy. In a few instances the hymen may completely cover the mouth of the vagina and prevent the escape of the flow. When a girl shows symptoms of menses, and the flow has failed to appear, the hymen should be examined.

WHAT A WIFE SHOULD KNOW

LIFE'S IDEAL.—Married life is regarded as ideal by every true woman. The honeymoon is looked forward to as the happiest moments of life, but it is during the first two weeks of married life that the seeds of discontent are sown in many homes. It is then that so many brides rebel, and not a few attempt suicide. If either party has had previous experience at copulation, it is during the honeymoon that resentment is usually awakened. Aside from this trouble, innocence or ignorance upon the part of the bride is usually the seat of early domestic troubles. The girl who is brought up innocently seldom has a correct idea of the married relation. Even if she has read much upon this subject, most writers leave the impression that copulation is only practiced when offspring is desired. Whether God intended copulation only for the purpose of breeding, or whether he meant the pleasures of cohabitation to bind the hearts of husband and wife together and thus form the perfect home, it matters not here. One thing is certain, there is

not one man in a thousand but who expects copulation the first night he rooms with his wife. The virgin efforts at copulation prove painful with most ladies, and where corsets have prevented proper development or caused uterine displacement, such relations may always prove unpleasant.

THE HYMEN is a thin circular membrane, which partly covers the mouth of the vagina and serves as a protection during childhood. It is important that it should not be broken before a girl is fully grown. Before copulation can be effected, however, it is necessary that this membrane be broken; and, as this must be done by force, it usually causes a slight flow of blood. The walls of the vagina also, being contracted during childhood, cause considerable pain as they adapt themselves to the new relation. A douche of a half gallon of warm water from a fountain syringe and an application of pure unmedicated vaseline just previous to retiring will be found beneficial at this time. With many normal men, as well as women, there is an absence of pleasure during the first several efforts at copulation, due to over anxiety or nervous excitement.

Every man and woman should bathe before copulation, as uncleanness is liable to induce irritation, or even tetanus poisoning.

EXCESSIVE SENSITIVENESS of the vulva is another trouble which affects a few women. This is caused by tenderness of the parts and a nervous condition of the system. It is found most frequently in women predisposed to hysterics. An effort at coition results in great pain, and often in convulsions. The muscles of the vulva undergo a spasmodic contraction and intercourse is an

impossibility. In many instances hygienic living to improve the general health, and tone up the nervous system, will give relief; and the proper control of the will power will also do much toward overcoming the trouble. If the sensitiveness is caused by eczema of the vulva, or the irritation resulting from leucorrhœa is present, attention to these should be given. In some instances surgical assistance has been found necessary and effectual.

CHASTITY.—Many make the mistake of thinking the wedding ceremony gives license to the most excessive orgies between husband and wife, and it is not, as a rule, until health is destroyed and the home practically wrecked that they wake up to realize that excesses in married life bring their fruitage of sorrow just as certainly as illicit intercourse. It is necessary in married, as well as in single life, to keep the mind pure and free from lust. When lustful fondling, obscene talk and immodest actions are engaged in between husband and wife, the mind becomes sexually depraved, and the excesses, which follow, exhaust the moral, physical and mental energy of the two. While a few of the most refined and carefully-raised girls may make a mistake in being over modest in the presence of their husbands, we believe the opposite extreme of being too free in each other's presence is more often found. Even among the most depraved extreme vulgarity will produce disgust and contempt; and if love would be retained in the home instead of being bartered for lust, disgust, and finally for hatred, it is necessary that the two work in unison to promote pure thoughts, chaste conversation and temperate habits.

CONCEPTION.—Many women, especially society women,

object to motherhood; and various methods for preventing conception have been devised in an effort to evade nature's laws. God's laws may be violated, but the penalties can not be evaded. No woman has the moral right to marry unless she is willing to assume the duties of motherhood. No home is complete without children, and love is more likely to grow cold where there are no children to draw the parents closer together. The various criminal methods employed for the prevention of conception may be divided into three classes. The first and most criminal, as well as most dangerous, method, so far as the health of the woman is concerned, is the murder of the fetus or child after its growth has begun in the uterus. Criminal abortion can be produced by the use of many different drugs, and also by mechanical interference. Many women take a heavy dose of some astringent once a month to insure the menstrual flow, and never stop to contemplate the enormity of the crime. To destroy the life of a fetus only two or three weeks old is murder. Some women have continued this practice for several years before there was a complete physical breakdown, while others quickly succumb to uterine disorders, which they attribute to other causes. The second method is to destroy the life of the spermatozoa after they have entered the vagina and before they have had a chance to meet and quicken the ovum or egg within the uterus. Various electrical appliances, cold and medicated douches are used for this purpose. The nervous shock produced by any of these methods will slowly but certainly wreck the nerves of the strongest woman; and the poisons used in medicated douches are absorbed by the system to such

an extent that thousands of women are languishing in sanitariums as a result of their use. In the third method the spermatozoa are prevented from reaching the uterus, after entering the vagina. The mechanical obstructions used for this purpose irritate the delicate membranes of the parts, and also interfere with the act of coition, and thus produce a serious nervous strain upon each of the parties concerned. Moreover, all such appliances are flimsy and likely to fail at the critical moment. To withdraw before the act is entirely completed is a practice which also comes in this class, and we have heard intelligent men argue that there could be no possible harm come of this method. Few means have been devised which produce so severe a nervous shock or leave the parts so congested. Undue prolonging of the act of coition in order to secure more pleasure has the same effect. A prosperous and intelligent West Virginia farmer came to his physician, suffering with nervousness and complaining of sexual debility. His testicles were soft and the veins enlarged, while along the vas deferens numerous knots or bunches were found. He strenuously denied that sexual excesses could have caused his trouble, but finally admitted that he and his wife practiced withdrawing to prevent conception. A few weeks later this man was committed to the asylum at Spencer, and within two years was one of the most violent maniacs in that institution. There are about three times as many women as men in insane asylums because of sexual extremes and abuses.

Childbirth is not injurious to the health of women under normal conditions. The mother of a moderate-

sized family is usually a more healthy woman than the childless wife, or even the old maid. The girl who has been properly taught concerning the sacredness of life will regard child bearing during married life as a matter of pride and honor, and will have no desire to resort to dangerous methods of preventing conception. It is important that conception be accepted cheerfully, and that the father do all in his power to make the mother's life pleasant during the period of pregnancy. Many students of the science of life believe that the mother transmits her mental emotions to the fetus, especially during the first three months, but we believe this theory is overdrawn. Frequent instances can be cited of physical marks supposed to result from this cause; but I have never known of a mental shock being transmitted in this manner, except where the use of narcotics by the mother caused the brain of the child to partly narcose, thus producing an idiot. We believe in cheerfulness, however, especially during this period, as cheerfulness is one of the best of tonics. It is highly important that the mother keep in good physical condition, in order that the child may receive a robust physique.

PREVENTION.—While all artificial means of preventing conception are to be condemned as opposed to morality and to health, it is unjust to subject the mother with a small child to another conception time after time until a large family is produced. She should have time to recuperate between times of pregnancy. Nature has provided one preventive which is successful if followed carefully, and from which no evil can result. We allude to indulging in intercourse only at such times as the mother is im-

immune from conception. To ascertain this time, it is generally conceded by medical authorities that the egg of the woman is developed during the menstrual flow. From two to six days are occupied in its passage through the fallopian tubes, and it is detained in the womb from two to six days. If not impregnated by contact with sperm it does not adhere to the womb, but is carried away with the decidua, which is a slight discharge from the womb from ten to twelve days after the cessation of the menstrual flow. Conception can only occur while the egg is present in the womb, but it must be remembered that the sperm may retain its life for nearly two days after passing into the womb; so it is possible for conception to result from intercourse had any time from the menstrual period to the passing of the egg from the womb, which is ten or twelve days after the cessation of the flow. From the fifteenth day after the cessation of the flow until the beginning of the next flow, conception is considered impossible. The eighth to the twelfth days after the flow are considered the most favorable for conception. The only difficulty in controlling conception by this method is where the woman is irregular in her menstrual periods. When this is the case, it denotes some derangement of the health, which should receive treatment. Many women nurse their children until three or more years old, thinking conception is prevented thereby, but this is an error. The menstrual flow does not usually appear during the first year of nursing; but when the flow again commences, if only a month after childbirth, nursing will not prevent conception. With some women the first menstrual flow is so slight as to pass unnoticed, and conception occurs before the woman is aware. The first indication of preg-

nancy in such cases is when the mother's milk causes nausea and purging of the nursing child.

PREGNANCY.—The first symptoms of pregnancy in most women not nursing are: Nausea or morning sickness, dark rings and pimples around the nipples; the breasts become more solid and sometimes painful, and the next regular menstrual flow fails to appear.

THE MENOPAUSE, or cessation of the menstrual function in women, occurs thirty years later than puberty. When puberty begins at ten years of age, the menopause should be normally reached at forty. The girl who began puberty at fifteen will not reach the menopause until forty-five. In some few instances women have been known to reach this period some younger, and in others it does not occur until fifty or more years of age; but these instances are rare.

CARE NEEDED.—The menopause is a critical period in a woman's life, although no serious complications need be feared if the general health is good and sexual disorders have not been contracted in earlier life. The symptoms of the change differ greatly with different women. In one woman the menstrual flow may suddenly cease, never to return; in other cases the flow is very irregular for several months; and in a few instances the flow becomes more frequent, being almost continuous for some months. Flooding may occur at this time. In many there is numbness in the arms or lower limbs, and dizziness, constipation or diarrhœa may be experienced. Various physical ills may arise, and the woman usually imagines these to be much more severe than they really are. A proper exercise of the will power will do much to obviate these troubles. Melancholy, despondency and hysterics are es-

pecially prevalent at this age, and every effort should be made to keep the mind employed. A reasonable amount of exercise should be taken each day. If the ordinary rules of hygiene are obeyed, there is very little danger of any serious ills developing. It is important that the diet be nutritious, and engorgement and constipation be guarded against. With the suppression of the menses the ovaries and uterus shrink, and the vagina also becomes smaller. Unless there is some abnormal condition the sexual desires now cease. It is important that sexual excesses be avoided during the change, as they are especially liable to interfere with its healthful completion.

THE HUSBAND experiences a corresponding change somewhere between the ages of forty and fifty; and, while there are no such marked physical changes, he should also observe nature's call for a rest from sexual intercourse. Nature has provided that the energy be conserved and the physical strength thereby saved for a golden old age. It is only with a few men that intercourse becomes impossible at this age, but the natural desire for intercourse abates; and from this on sexual desires originate only in a depraved brain. To complete copulation now requires a more severe effort, and pronounced exhaustion is noticed.

GOLDEN OLD AGE.—It is important that the husband respect nature's call for the conservation of his own strength, as well as the demand for consideration of his wife's health. With her, especially, the safe passing of the change means a reasonable assurance of a golden old age. And with both parties the joys of a hale and hearty old age are not to be compared to the sensual pleasures of a few more moments of lustful gratification.

VENEREAL DISEASES

A FALLACY.—The venereal diseases are regarded by many of the uninformed as being of little consequence, and it is not an uncommon thing to hear either of them spoken of as being no worse than a bad cold. If all young men knew their true nature and alarming prevalence, they would certainly take fewer risks of possible infection. No accurate statistics are available on this subject in this country, but medical authorities estimate that seven out of every ten of our people suffer, either by direct infection or heredity, with some form or complication of venereal disease.

THE PROSTITUTE IS DANGEROUS.—Every woman who lives an immoral life is diseased a part of the time, and many of them all the time. Even a doctor can not tell when a prostitute is free from infecting germs, and the physician's certificate shown by women in public houses is written by depraved men, who never make more than a superficial examination. A reliable physician would never engage in such an occupation.

If the guilty young men were the only ones to suffer it would not be so serious, but the innocent wife and helpless children frequently have to reap a greater affliction than the erring father. Gonorrhœa and syphilis are the chief causes of race suicide.

TWO VENEREAL DISEASES.—There are only two venereal diseases — gonorrhœa, commonly called clap, and syphilis, frequently called pox. The many other venereal diseases supposed to exist are only the various complications of these two diseases which arise.

GONORRHOEA.—This disease appears from three to five days after exposure. It may be transmitted by a

privy seat, syringe tube, or any means which carries the virus from one person to another.

The Eyes.—If this virus is carried by the fingers, towel or flies to the eyes of an innocent person, it will cause gonorrhœal ophthalmia — contagious sore eyes — a disease that often results in blindness. At one time it was found that 80 per cent. of blindness was caused by gonorrhœa. Prompt treatment of the infant's eyes at birth prevents infection from the mother, and has greatly reduced the amount of blindness from this disease.

Prompt Treatment Necessary.—The first symptoms of gonorrhœa are scalding or smarting in passing the urine, swelling of the urethra, and about a week later the appearance of a thick greenish, yellow discharge. Should any young man be so indiscreet as to contract the disease, he should not lose one hour by sending away or going to the drug store for some dangerous patent remedy that he may have seen advertised. A reliable physician, and not an advertising specialist, should be engaged and his directions followed implicitly. One of his directions is very likely to be disregarded—that of remaining in bed, or perfectly quiet, for two weeks. If this treatment is followed and cloths wrung out of hot water applied frequently, it will be of more value than the medical treatment without rest. When correct treatment is given at the beginning, many of the serious complications of the later stages of the disease will be avoided. Total abstinence from narcotics of all kinds and sexual excitement is imperative if recovery is to be hoped for.

Complications.—Stricture, or the narrowing of the urethra at some point, making urination difficult and painful, is one usual complication of gonorrhœa. This is es-

pecially liable to occur where strong medicines are used by quacks, who strive to stop the discharge quickly. The urethra frequently closes, necessitating a surgical operation or the use of an instrument in drawing the urine. Where treatment is delayed or strong medicines injected, the disease will progress back and up the urethra, producing inflammation of the prostate gland, bladder, kidneys, or even the testicles. Where both testicles or the prostate become affected, the man usually becomes sterile; that is, he loses the power of sexual activity. When these inner glands become affected the toxins enter the blood, and are the cause of incurable joint rheumatism. Where the prostate is affected the germs may lie dormant for years, and after the patient imagines himself cured may become dislodged during copulation and infect an innocent wife.

Gonorrhœa in the Woman infects the vagina, and works its way back through the uterus and the fallopian tubes, and often reaches the ovaries. The unsuspecting wife usually imagines she is suffering from whites, and tries home douches, deferring the attentions of a physician until the menses become profuse. By this time an operation is necessary, which often leaves the woman unsexed and an invalid for life. She is usually told by the attending physician that it is "an inflammation," and often never suspects the true nature of her ailment. Seventy-five per cent. of pelvic operations among women are attributed to gonorrhœa. It is conceded by medical authorities that 80 per cent. of all young men contract gonorrhœa between the ages of fifteen and thirty. When we contemplate the terrible consequences which may follow one well-established infection, can we compare it to a bad cold, or say the young man has any moral right to en-

danger self, his future family, or society, by the exercise of personal liberty? Ricord, the most celebrated authority in the world in his day, said, "Any fool could tell when gonorrhœa began, but God alone knew where it would quit."

Gleet, supposed by many to be a disease within itself, is only the watery discharge which indicates that gonorrhœa has affected the deep urethra and become chronic. A slight inflammation sometimes causes a discharge resembling gleet where there has been no gonorrhœa.

SYPHILIS is not so common as gonorrhœa, as the germs of this disease must reach the blood through some scratch or lesion of the skin or mucus membrane to cause the infection. From 10 to 15 per cent. of young men, however, contract this dreaded disease, and many innocent persons also become infected. It may be carried by a drinking cup, towel or privy seat, and is frequently transmitted by a kiss. It is also inherited by children to the third and fourth generations. Where the father alone has syphilis, about 38 per cent. of his children die of it in early life; and where the mother has also become infected, the mortality amounts to 60 or 80 per cent.

Three Stages.—The progress of syphilis is slow, and is divided into three stages. The primary stage consists of a hard chancre—a hard red swelling with a small center, containing little or no pus. This forms from ten to forty-five days after the infection, and usually lasts about six weeks.

The Secondary Stage is heralded by a headache, nausea, nervousness, rheumatism, sleeplessness and fever. This is followed by a red rash upon the face and body, falling of the hair, swelling of the lymphatic glands, and

ulcers in the mouth and throat. After this stage a season of freedom is experienced.

The Tertiary Stage usually lasts the remainder of the patient's life. During this stage the disease is likely to attack any organ of the body, and is responsible for 90 per cent. of locomotor ataxia and a large percentage of insanity, apoplexy and paralysis. It frequently causes sudden death years after it is thought to have been cured. Syphilis causes disease and decay of the bones, sores on



The child of a man pronounced cured of venereal disease by a specialist.

the skin, diseases of the stomach, intestines, liver, spleen, kidneys, lungs, heart and arteries. The statistics of insurance companies show that it shortens life one-third.

Curability.—A few years ago syphilis was considered incurable, but improved methods of treatment have, in many instances, apparently effected a cure. No man can ever be positive of a cure, however, since after years of apparent freedom from all symptoms some serious trouble is liable to arise. The Wasserman test, although very useful in detecting syphilis in even remote cases, is by no means positive in determining when a case is cured, as several negative tests are liable to be followed by as many more that are positive.

Treatment.—It is of vital importance that treatment begin as soon as the disease is detected. With prompt and diligent treatment during the primary stage, much of the seriousness of the later stages can be averted. Mercury has been for years, and is still, the main stand-by of the physician in fighting syphilis, although the recent discoveries, 606 (Salvarsan), and its improved successor, 914 (Neosalvarsan), are very valuable additions to the mercury treatment. The claim (made by quacks) that a certain number of doses of either of these new remedies will positively cure are fraudulent, and the claim that they can be used without danger is criminal. Even in the best of hands, they must be used very carefully, or disastrous results will be produced. Many of the patent-medicine cures for syphilis are worthless, and others are highly dangerous. Many advertised as containing no mercury really contain dangerous quantities of that drug. Many of the cures advertised are fakes pure and simple. A close observance of the laws of hygiene pays a large

dividend in the treatment of syphilis. The use of alcohol and tobacco are especially liable to produce mucus lesions, or brain and nerve troubles. Benefit is often derived from some of the various hot springs treatments, but the claim that such treatments will cure is false. The victim of syphilis usually torments his physician for a statement that he is cured. Quacks, after some special treatment of their own, give out such statements, and we wonder that many honest physicians are not often tempted to in this way get rid of their tormentors. No treatment yet discovered can reduce the disease to a point of safety in less than three years, and stubborn cases will take longer. Where a frequent use of the Wasserman test can be afforded, it is a comparatively safe guide for determining when future treatment is needed. Otherwise a course of treatment should be taken at least every spring during the subsequent years.

QUACKERY

P. T. Barnum, the showman, is credited with saying, "The American people like to be humbugged." In the practice of medicine and surgery this truth is probably made more conspicuous than in any other profession. The honest, truthful physician is not the one whom most people prefer to call, and the common, useful remedies are not the ones used if they can get something mysterious. A child was born with a watery prominence on its head: the attending physician truthfully told the parents that it was only an accumulation of water due to pressure during birth, and would disappear in a short time. Not satisfied, the parents called another physician, who gave the trouble a Latin name, and said it could be cured, but it would

take a long time. He left a medicine with a mysterious name (common vaseline), to be applied at precise hours for a certain number of days. These parents are certain this latter doctor saved the life of the child. A physician was called to see a badly sprained ankle. He recommended soaking the injured member in as hot water as could be borne. In a few hours a messenger was sent to tell him that the remedy had been tried, and had done no good. He then gave them a little harmless coloring matter, with a long Latin name, to use in hot water, and the results were highly satisfactory. A neighbor of the writer called the physician to see his daughter, who had an enclosing hymen which prevented the escape of the menstrual flow from the vagina. The physician could have opened the hymen as easily as to pare a corn, but knew if he did so the modesty of the entire family would be shocked, and some other physician engaged for the future. He had the girl taken thirty miles to a hospital, and a very delicate operation was reported. The hard-working father was highly elated over the success of the operation and the reasonableness of the fee—only \$100. Another neighbor called the physician for his son, who had about two degrees of fever and the symptoms of typhoid. As soon as the father heard "typhoid" mentioned he began pacing the floor, wringing his hands and repeating, "I've got the money, doctor; if you need anything more, get it!" On his way home the physician remarked to a companion that Ralph was in for a long, hard siege of it. Ralph had a long siege, and came very near passing away. While it is not to be marveled at that an attending family physician will sometimes gratify the demand for expensive treatment, yet it is not he that is doing the sys-

tematic fleecing of an ever-willing public. Unscrupulous men, better known among the medical fraternity as "quacks," have erected sanitariums in many places, and are advertising themselves as specialists. Each selects some organ, usually the colon, kidneys, liver, or sexual anatomy, and publishes pamphlets showing how this one organ is to blame for practically all the ills the flesh is heir to. Each has perfected some mechanical appliance, or discovered some marvelous remedy, and, if the patient can not come to his sanitarium for special treatment, he is able by his marvelous discovery to give special advice and the most skillful home treatment by mail. Some people, while at a sanitarium or when scared half to death, will heed the common rules of hygiene; consequently these quacks can furnish hundreds of true testimonials to verify their claims for special skill, while in reality they have done nothing more than the home physician could do if given the chance and his advice followed. No organic disease escapes the notice of these "specialists," but it is the sexual diseases from which they reap the greater part of their income. Thousands of healthy young men have poured their wages into the coffers of these quacks, and worried themselves almost insane because they were made to believe that seminal emissions are a certain indication of impotency, and, unless skillfully treated, would soon result in complete sexual exhaustion. The venereal diseases furnish the most lucrative field. Here the specialist has a splendid opportunity to display his skill. The local conditions in either gonorrhœa or secondary syphilis can be mitigated by the use of strong medicine; and the quack, not caring for other complications, guarantees a cure, and soon checks the discharge of gonorrhœa or heals

the lesions of syphilis. To suddenly stop the discharge of gonorrhœa by the use of strong solutions of nitrate of silver causes the disease to develop inflammation of the prostate gland or testicles, and sterility often results. The excessive use of mercury in syphilis often salivates, and the careless over-dosing with 606 frequently causes deafness or loss of sight. The quack is then ready to pass his victim on to another specialist, a senior member of his firm, whose fees are still more exorbitant. *Cures are guaranteed only by quacks.* No reliable physician can afford to guarantee cures, as he has a reputation at stake, and life or health under usual hygienic conditions is too uncertain. The reliable physician is always ready and willing to assist his patients to a better knowledge of hygiene, while the quack wants them to trust it all to his skill and poisonous nostrums.

BOOK FIVE

MATERNAL HYGIENE; OR WHAT A MOTHER SHOULD KNOW

MOTHERHOOD A LOST ART

If we are to annihilate the white-slave traffic, settle the drink question, stop prostitution, and produce a nation of strong men and healthy women, the mothers are the medium through which this must be accomplished. It takes mothers to make men. Mother's influence reaches the child before drink, tobacco and immorality can touch him. Hers is the first chance — a chance which angels and archangels might envy. She it is who has the first opportunity to shape the child's mental views — not only concerning drunkenness and immorality, but also in regard to selfishness, pride, covetousness, dishonesty, lying, stealing, and all those finer details which go to shape the character of the boy and girl as citizens. That the father has an equal responsibility in the child we must admit, but even where the father is indifferent or dissipated, the mother has it in her power to mold the child's mental attitude. We have heard many fathers and mothers complain of it being impossible for them to control their children because their helpmate would not assist. While this makes it more difficult, still we have seen a few mothers succeed in training good children when they had a worthless father to contend with. For the first three or four

years of the child's life the mother possesses and influences it in a manner which no other person can. It is then that the mental, moral and spiritual child is being molded. At the age of five or six the boy selects some man as his ideal; and where the father is disqualified, the mother can, if careful, direct the boy to Christ as the only safe ideal of manhood. Motherhood is an art — the finest of the arts, but it is fast becoming a lost art. America is producing women who can flirt, dance, sing, paint, keep books, defend a case at the bar, be a policeman, run a locomotive, or drink, gamble and smoke, do anything in fact but produce strong sons and daughters. Hundreds of noble men and women have been spending their lives in vice-reform and rescue-mission work, especially during the last ten or fifteen years, and they frankly admit that vice and immorality are still on the increase. If the mothers of America could only be enlisted in an earnest effort to teach small boys true manhood as their ideal, and the girls a love and respect for true motherhood, it would only take one generation to rid our nation of its greatest enemy.

PHYSICAL DEVELOPMENT.—With the development of the art of motherhood, no other part of our national being would show more rapid improvement than the physical man. One of the first duties of the mother is the study of hygiene. While yet a girl she must rid herself of the destructive habits and forms of dress dictated by fashion and acquire a physique capable of bearing healthy children; and then, by early training, instill in the child an obedience to the laws of hygiene as a part of its very being. This can be easily done if the child is taught from the first to do everything with a view of

developing manhood and not for the gratification of the appetite.

PREGNANCY

The woman who has obeyed the laws of health, has not worn tight clothing, which reduces the size of the waist and reproductive organs, and who has taken sufficient exercise, will experience little or no discomfort during pregnancy. She can deliver a healthy child without danger of serious complications. A strict observance of the rules of health should be followed during pregnancy, as the child while growing in the uterus is sending the waste material from its growth back into the mother's blood. She not only has these extra toxins to expel, but, at the same time, she must furnish the child with nourishment. It is important, therefore, that the expectant mother breathe fresh air, keep the skin in good condition by bathing, take daily exercise, keep the bowels active by the use of laxative foods, and the system nourished by regulating the diet to insure good digestion. The kidneys will require special notice, and when less than three pints of urine are passed in twenty-four hours, or if it has a darkened color and contains sediment, it indicates the patient is not drinking enough water.

NAUSEA.—More than one-half of all pregnant women suffer from "morning sickness." This distressing but not serious ailment can often be relieved by taking a little dry food before rising, such as toast or crackers chewed fine and swallowed without liquid. To eat six small meals a day instead of three larger ones and make the last meal very light has given excellent results in warding off nausea. Out-of-door exercise and a happy, cheerful

state of mind will do much to counteract this condition. Worry, peevishness or gloomy thoughts will do much to provoke the trouble, and a proper exercise of the will prevents thoughts of nausea. To anticipate an attack makes its approach certain. A weak stomach, caused by strong medicines or improper diet, is the primary cause of morning sickness.

HEARTBURN.—A burning sensation in the throat, caused by acids or sour food in the stomach, can often be prevented by taking a glass of rich milk or a table-spoonful of olive oil fifteen minutes before meals and not over eating. If the attack has begun, no fats or grease of any kind should be eaten while it lasts.

VARICOSE VEINS.—The swelling of the lower limbs and in some cases the rupture of a blood vessel in the limbs is caused by the pressure of the uterus. This can be relieved by wearing an obesity belt or a bandage adjusted so as to support the weight of the abdomen. Where the trouble is persistent the patient should lie down or sit with the feet elevated to relieve the blood pressure. If a vein has ruptured, the limb should be bandaged by wrapping with narrow strips of cloth, or a rubber stocking worn.

HEMORRHOIDS OR PILES differ from varicose veins only in the location, and are frequently provoked by constipation and the weight of the uterus during pregnancy. To prevent this painful condition employ a laxative diet, keep the bowels loose, and avoid straining at stool. Keep the weight of the abdomen supported as mentioned above.

MATERNAL IMPRESSIONS.—An erroneous idea is very prevalent concerning the ability of the mother to injure the fetus by the transmission of mental or physical im-

pressions. After thorough investigations the doctors and other scientists are practically agreed that such impressions can not be made. Of the many such cases reported, most of them are unfounded and the few apparent cases are only coincidents. When we consider the great number of unpleasant things that are happening every day, it is little wonder that the mother of the one baby in a thousand, born deformed, can recall some coincident, which she credits with the cause. Little accidents and nervous shocks are of such frequent occurrence that if they did produce birthmarks few babies would escape. Not one woman in a hundred who anticipates a birthmark ever sees her fears realized. Nature has provided for the protection of the fetus against these accidents, over which the mother would have no control. There is no direct connection known to exist between the mother and fetus through which nervous impressions could be conveyed. The blood of the mother does not enter the fetus. The only communication between the two is in the process of absorption between the lining of the uterus and the wall of the placenta or afterbirth, by which nutrition from the mother enters the fetus and the waste material from the fetus returns to the mother's blood. The child has its own circulation of blood and its heart can be heard beating for months before birth. The sex of the unborn child can usually be determined in this way: The heart of the female beats as a rule more than one hundred and twenty times a minute and the male less. There is one way in which the child is influenced by the mother—it depends upon her for nourishment and to carry away the waste material produced by its growth. The mother, if she observes the laws of health, thus keep-

ing herself strong and cheerful, can rest assured the child will build up a sound body and brain. On the other hand, the mother who lacks nourishment can not support the unborn child; and where the mother goes through pregnancy with her system filled with toxic poisons or with her mind depressed, gloomy and despondent, the child will be poisoned or fail to receive nervous energy. These causes produce thousands of defective babies and well might be called birthmarks. The many special diets recommended to insure easy childbirth depend for their success upon dwarfing the child. The use of narcotics by the mother, such as tobacco, coffee, alcohol or morphine, are especially liable to interfere with the growth of the child's brain.

CONFINEMENT

The first stage of labor is marked by the beginning of sharp, griping pains, which occur at regular intervals, but come more closely together as labor progresses. This stage is the most trying part of labor because the patient can not see that she is making any progress. It requires time for the mouth of the uterus to expand from less than one-fourth inch in diameter to three and one-half or four inches to admit the passage of the child. At the beginning of regular pains the nurse and physician should be called and the bed made up as desired for the mother after confinement, then a rubber cloth or several thicknesses of paper should be placed on it, and a large pad or folded sheet placed over this. The mother should at once take a warm tub bath and use an injection of warm water to move the bowels. She may move around or spend the time in such positions as she sees fit during the first stage.

EMERGENCIES.—In case the physician can not be procured promptly, or the labor is of such short duration that birth occurs before he arrives, it is well to know what to do until he comes. The bath should be taken, or if this can not be done, the outside genital organs should be washed and clean clothing put on. The bed should be arranged as mentioned above, and as soon as the water breaks, or the pains are returning every five minutes, the patient should go to bed. A delivery pad, made by folding papers inside a sheet, should be placed under the patient. This can be removed and a fresh one inserted if necessary. The patient should lie on her back, with the knees drawn up and apart, or if she prefers lying on her side an attendant must hold her knees apart. The attendant must wash the hands thoroughly and cleanse the finger nails, using plenty of soap, and then dip them in a disinfecting solution to insure cleanliness. All cloths, pads and sheets used about the bed should have been boiled, dried, and protected from dust for the occasion. A dusty cloth or dirty hand brought near the patient may mean a case of blood poison or childbed fever. All water used should be boiled and cooled without uncovering, to insure its being sterile. The mother must bear down or strain during the labor pains, but should rest during the intervening periods. The attendant should remain close at hand, but can do little until the head of the child appears.

BREATHING.—When the head is born the face must be noticed, and if it turns blue the mother must be told to strain vigorously, using her hands to push down on the abdomen. The attendant should grasp the head in both hands and pull steadily but gently downward, twisting

the shoulders slightly from side to side. Delivery will soon occur, and as soon as the child is born it should breathe and cry. If it does not do this, the attendant should gently slap it on the back and hold it up by the feet for a moment. Continue working until it breathes, then lay it closely to the mother, so that the cord will not be stretched. Be careful that it does not become smothered, or the discharge allowed to touch its face.

THE CORD should now be tied with a sterile string about two inches from the child and again two inches further on, and clipped between the ties. If the cord on the child should show any signs of bleeding, another string should be tied between the first and the baby.

EXPELLING THE PLACENTA.—The third stage of labor consists in the discharge of the placenta, which will occur within from ten to thirty minutes as a rule. If the interval is longer, it may be hastened by gently rubbing the abdomen with the balls of the fingers and thumb, using a rise and fall of the hand and allowing the fingers to open and close as they move back and forth. The placenta and all expelled tissue should be saved for the inspection of the doctor upon his arrival. After all soiled pads are removed, the vulva should be washed with a disinfectant and the soiled lower pad removed.

CHILLING.—If a chill occurs at this time, do not become alarmed. A hot-water bottle at the feet, a glass of hot milk and a blanket will soon warm the mother, and she will fall asleep to rest after the fatigue of labor.

BLEEDING.—There is always an escape of considerable blood at delivery. If there is an excessive amount, an effort must be made at once to check it. To put the baby to the breasts will sometimes check a hemorrhage,

and to massage the uterus is also beneficial. It can be felt as a large, soft mass lying below the navel, and by pressing the thumbs against its mouth and gently rubbing the body of the organ with the fingers the muscles will soon be caused to contract and help to stop the bleeding. A pad containing crushed ice placed upon the abdomen will also assist contraction.

RECUPERATION.—It is of vital importance that the mother keep her bed for two weeks after labor, and for another week she must not walk about the room or lift her child. Many mothers take pride in being out within a few days, but later years find them suffering with female troubles of a stubborn nature. Do not read or sew until the child is a month old. To disregard this injunction will bring eye troubles later in life.

CARE OF THE BABY

Nearly every old woman in the country knows so much about babies that she can not be told anything, but the fact remains that not one woman in a hundred can wash and dress a baby *properly*. As proof of this assertion notice the large per cent. of babies with inflamed eyes, sore skin and diseased navels before they are a week old. As soon as the umbilical cord is properly attended to, the child should be immediately wrapped in a previously-warmed blanket, the mouth and throat cleansed of mucus, and the eyes attended to. The entire body should now be anointed with warm vaseline or pure, clean, fresh lard. Be careful to reach every fold and crease of the skin, and after a few minutes it should be wiped dry with soft, clean cloths, using more oil where necessary. Every crease of the skin left unclean will

mean a sore within a few days. Water used to wash the child irritates and chaps the skin.

THE EYES should be thoroughly cleansed as soon as possible after birth, using a soft cloth and warm, unsoaped water. If there is any suspicion of gonorrhœa or whites in the mother, a solution of silver nitrate or boracic acid and water must be used. To neglect this may mean the loss of sight for the infant. The solution used must be prepared by the physician, as too strong a mixture may do the eyes serious injury. Protect the baby's eyes from the light until it is old enough to move and shield them. The cat knows enough to make her bed in a dark corner, but the baby is usually made to face a strong light before it is fifteen minutes old so granny can see who it looks like; and when taken out of doors it is dressed in white and compelled to face the sun. It is little wonder that weak and cross eyes are so common.

After the eyes and body have been cleansed the cord should be attended to. A cloth moistened with castor oil, having a small hole in it, should be slipped over the cord and folded down, with the cord lying on the left side. This must be dressed daily and kept in correct position until the cord falls off. After separation the stump must be dressed daily and dusted with rice flour, cornstarch or burned flour until healed. The navel sometimes pouches and this should be carefully watched for. If it occurs, a compressing bandage with a silver half dollar sewed in it must be worn for three months after the pouch appears healed.

DRESSING.—A soft muslin bandage six inches wide should be adjusted around the body of the child, with the lower edges darted in front to make it fit snugly.

This protects the cord, and is a safeguard against pouching or rupture, which is important, especially where the baby cries much. It should be worn for at least three months. After the bandage is adjusted, the diaper, stockings and shirt can be put on and the child wrapped in a blanket. Be careful not to smother or wrap it too warm in hot weather. Put no dresses on the child before the cord heals. Skirts that are pinned around the child will be kicked down and strip the navel cord. This is dangerous.

CHILLING.—In cleansing, dressing or bathing the baby, care should be taken to avoid chilling. Everything needed should be placed within reach before the child is uncovered, and then no time lost in doing what is to be done. Even in a well-warmed room the infant will soon chill, and if the skin begins to show blue, the child should be wrapped at once and warmed before proceeding with the dressing.

CLEANLINESS.—Few persons (excepting physicians and trained nurses) understand the meaning of surgical cleanliness. Many persons are so ignorant as to even laugh at the idea of infection, but where care is used childbed fever, blood poisoning of the mother, navel infection, sore eyes or blindness in the infant have become almost unknown. A sterilized cloth means one boiled or heated with steam to kill all bacteria, and then dried without coming in contact with dust of any kind. A cloth may be covered with soot and still be sterile, as soot fresh from the fire does not contain bacteria; but a sheet, ever so white, that has been dropped on the floor or lain on a dusty table is likely to be infective. Where only sterilized cotton is used for pads and reasonable clean-

liness observed about the genital organs of the mother, blood poison and childbed fever are rarely known. To be strictly sterile the hands of the attendant must be cleansed by washing in water containing a disinfectant before handling sterile cloths or caring for the patient. This is not tedious or difficult where the proper materials are on hand and their use understood. The cord of the infant should be handled with care. Dusty or unsanitary articles of any kind must not be brought in contact with the raw wound, as a navel infection often proves serious or fatal.

SORES.—Should the eyes of the infant show the slightest scaly condition, they must be carefully treated with silver nitrate or boracic acid solution several times a day, and pure vaseline applied to the lids. To avoid this trouble the eyes must be properly cleansed at birth, and the hands of the attendant thoroughly cleansed after making the mother's toilet and before attending to the infant. The virus of this trouble comes from the vagina of the mother. If once established in the eyes of the infant, and treatment by a skilled oculist is neglected, it is liable to cause blindness. If there is inflammation or sores at the navel, the physician must be consulted at once, as septic poisoning is extremely dangerous. Sores behind the ears, in the groins or the folds of the skin indicate that the child was not thoroughly cleansed at birth. Water usually makes such sores worse. They should be cleansed with vaseline and dusted with corn-starch or burned flour. Discharges from the ear should be treated promptly. Some persons have an idea that discharges from the ear should not be stopped. Such ideas

are false, and if left untreated they result in defective hearing or deafness.

CHAFING.—When soiled diapers are removed promptly and the skin washed with warm, unsoaped water and dried, chafing will be avoided, that is if the diapers are not dried and used again without rinsing. Soft cotton diapers should be used. Rubber napkins should never be allowed on a baby.

HEAT PIMPLES.—Where the baby is given a daily bath, thoroughly dried, and soft cotton clothing used, there will seldom be trouble with heat, rash or pimples. Nearly all soaps are irritating to the skin of a baby, and many talcum powders are poisonous to the skin of even an adult.

THRUSH is caused by faulty cleansing of the baby's mouth. When milk is allowed to collect and sour on the tongue and sides of the mouth the germs form a white moldlike growth. This frequently extends to the stomach and bowels, and has been known in serious cases to extend through to the rectum. To cleanse the mouth, after each feeding, with a weak solution of boracic acid will prevent this as well as many other forms of sore mouth. The solution should be prepared by a physician or druggist. I have known old midwives to use remedies for this trouble which were both useless and cruel.

CRYING.—A baby seldom cries unless uncomfortable or spoiled. If held in the arms much of the time, it soon cries to be held all the time. A small baby is much better off asleep or lying on the bed kicking and cooing than it is when tossed, rocked, tickled or swung. A baby six weeks old has sense enough to know when it is humored

for squalling. If it is taken up, bounced and coddled for crying, or the nipple shoved in its mouth every time, it soon becomes difficult to tell when the child cries from some other cause. The nurse soon learns the difference between the child's sleepy yow-yow, its hunger call, and the scream of pain, when crying is not cultivated. To cry is the baby's only way of telling us when it is in distress, and for this reason it should be fed at regular intervals, and not so spoiled by petting that we can not tell when to look for distress. When the clothing is comfortable and the child warm, colic or the earache are the most frequent causes of shrill crying. With colic the child usually draws up its knees, and with earache it tosses its head. Oils should never be put in the ear, as they decompose and start a moldy growth over the eardrum. A few drops of warmed glycerine can be used in the ear with safety.

SLEEP.—A new-born baby sleeps nearly all the time. As it grows older it sleeps less, and if system is used in the baby's care it can soon be taught to sleep at regular intervals, and thus give the mother a much better chance to do her work. If it frets during the night when it is not feeding time, it may be tired, and to simply turn it in some other position will rest it. A baby should never sleep in the bed with older persons. By the process of absorption an older person will, by lying in contact with the baby, absorb strength from its body. To have it breathe the air under the covers where larger persons are sleeping is enough to kill a baby. Do not get scared about the baby freezing if put in a crib by itself to sleep, provided it has as many covers as the older persons have.

Pin a blanket around its neck so that it can not get its arms out from under the covers, tuck it in the crib, and be certain to leave an air hole for it to breathe at, as many babies have been smothered by being wrapped too closely. If kept awake regularly it will soon learn to sleep at the desired time, and if not spoiled by being taken up and carried or bounced for crying, it will remain contented and happy most of its time in the crib, until it is old enough to move itself. I have seen babies that kept one or two persons busy, and others that were better cared for who received less than three hours' attention in a day. This all depends upon the training.

THE EYES, EARS AND NOSE should be watched and cleansed when needed with a soft piece of cotton twisted to a point and dipped in boracic acid water, prepared as for the eyes at birth. The mouth should also be cleansed in the same way to avoid thrush. The nose should be kept open, and as the child gets older see that he uses it to breathe through. The nostrils act as a filter to protect the lungs from dust, germs and cold. Mouth breathing is very injurious, especially to the growing child. If it can not be taught to breathe through the nose, have the nostrils examined for obstructions.

THE HEAD should be washed carefully every day, and if scaly, yellowish or brown skin appears on it, grease with vaseline at night and brush gently with a soft brush each morning until the scale is removed. Neglect may cause a serious eczema. Dandruff means a dirty head. Use no scented or strong-smelling soap.

NEVER KISS a baby in the mouth or allow others to do so. Many *diseases*, some of them serious, *and even*

syphilis, can be transmitted in this way. Do not trust to friendship, for you can never make certain who is absolutely free from disease.

MOSQUITOES carry the germs of malaria and yellow fever. Their bite alone is painful and irritating. Baby should be protected from the mosquito.

FLIES breed in garbage cans, manure piles and privy vaults. They carry the germs of typhoid, the summer complaints, so fatal to small children, and are supposed to spread infantile paralysis. In foundling asylums they have been known to carry sore eyes, or even gonorrhœa, from one child to another. They crawl over the nipple, get in the milk or in the baby's mouth, and there deposit their disease germs, which get into the baby's stomach. Screens or cheesecloth are not expensive and protect the baby.

DIRT on the hands of children or their attendants may contain the same bacteria as are carried by the fly. Wash all children's hands before feeding, and do not allow the baby to suck its thumbs. Food eaten from dirty hands may cause trouble.

FEEDING THE BABY

NURSING.—Mother's breast is the child's safest and natural food supply, and no mother should allow social engagements or business affairs to interfere with her nursing the child. More than two-thirds of all first-year fatalities occur among hand-fed babies. We have known fake doctors to persuade healthy mothers to change from breast to hand feeding; the result is a large doctor bill and a funeral. Nursing for only one or two months after confinement aids uterine contraction and leaves the

mother in a better state of health; so this is a duty she owes to both the child and herself. Where the child is hearty and the milk is slow to start, it will usually put up a cry for food. Many recommend letting the baby starve it out until the milk comes, but when a hearty youngster raises the household with a call for food we believe in feeding. Strong food should not be given, however. Thin barley water with a small amount of milk can do no harm. The child should not be urged to eat or fed sugar at this age. Pure warm water alone will satisfy some babies, and is a much better means of starting the kidneys than melon-seed tea and other nostrums. There are many diseases which prevent the mother from nursing the child or make her milk unfit for it. A recurring pregnancy or the return of menses, if it be profuse, is liable to cause nursing to not agree with the child. A nursing mother should eat only reasonable amounts of proper foods, as a spell of indigestion will likely affect the child more than the mother. Toxins in the mother's blood are the usual causes of sickness in nursing babies. Coffee or tobacco used by her are certain to injure the helpless infant. A fit of passion on the part of the mother will often cause convulsions in the child. A healthy child should never nurse longer than ten or twelve months after birth, unless this period brings weaning in the hot months of summer, when it is best to continue until cool weather. The quantity and quality of milk after ten or twelve months becomes unsuitable for the infant, and at this time the nursing will have become a severe strain on the mother.

ARTIFICIAL FEEDING.—If for any reason the mother can not nurse her child, it must be remembered that to

successfully feed a baby on other foods is truly an art; and that fully three hundred thousand babies die in our country every year, principally from improper feeding. Few mothers realize the importance of cleanliness in preparing food for a small child. I have seen a mother leave enough curded milk adhering to the corners of a bottle to send a baby to eternity, and then become offended when told she had not cleaned her bottles properly. Nipples attached to long tubes are dangerous, as they can not be properly cleansed. After round-cornered bottles, a bottle brush, and nipples which can be turned inside out and cleaned, are procured, and the necessary cleaning and boiling attended to, there still remains much to study in the selection of food and its preparation. This part is done so carelessly by many mothers that we sometimes wonder that any such hand-fed babies ever live through the bottle period to become physical runts, as the farmer would call them.

The safest milk is certified milk. If this can not be procured, the milk from a healthy herd of cows is claimed to be safer than the milk from one cow. Personally, we prefer the milk from a young cow, recently fresh, and not allowed to become pregnant while being used for this purpose. She should be kept in sanitary quarters and fed dry feed. Green pasture, especially if it contains weeds, seriously affects the milk. We also consider spoon feeding less work and much more sanitary than the average bottle. The child soon learns to drink from a cup. Cows' milk for a young baby must be diluted with water. Unless the water is known to be pure, it should be boiled and then cooled. The milk after being handled in perfectly clean and scalded utensils must be kept cool

as possible, as warm milk spoils rapidly. It should be warmed to natural heat — 98° F^{ar}.— when given to the child. While feeding, the bottle should be held by the nurse at such an angle that milk will always be in the neck of the bottle, and as soon as baby has finished his meal, remove the bottle. The habit of leaving the bottle in the crib with the baby, or supplying it with pacifiers to suck, is most harmful. Neither should the child be permitted to suck its thumbs. These habits injure the child's stomach, besides giving the face and mouth a homely expression, which will remain through life. No ironclad rules are safe to follow in feeding, as no two babies are exactly alike. As a rule, children under seven months old should be fed every two or three hours, and after seven months every four hours for day feeding, and at night allow the child to sleep as long as it will without feeding. It is necessary to feed some children more often than others, as some babies have much smaller stomachs and some are much weaker. Some system as to the time and amount is very necessary, however.

DILUTING MILK.—No fixed rule can be followed in diluting the milk; but usually the one-week-old baby should have twice as much water as milk, at three months an equal amount of each, at six months twice as much milk as water, and from nine to twelve months of age the child should be able to digest milk alone. A small amount of *lime water*, one ounce a day at first, and two ounces per day at three months old, should be used in the food, and some sugar is also needed to complete the necessary food elements. *Sugar* is irritating, however, and should be used only to complete the ration, and not for the purpose of sweetening the milk. Yet it does

sweeten, and this makes it more difficult to keep the child from forming an appetite for sugar in all foods, and this is certain to cause bad teeth and a worse stomach. The sugar must be used while the milk is the principal diet, but can be reduced in amount as solid foods are introduced in the ration. Milk often does not agree with the baby, and condensed milk, malted milk, or some of the prepared baby foods must be used. Usually a part milk and part prepared-food diet will be found best.

GRUELS made by boiling barley, rice or rolled oats, and using only the liquid part as a substitute for water in diluting the milk, usually benefit the child. *Barley*, especially, is helpful in forming a balanced ration, and children fed on it require less sugar. It is inexpensive. If good milk can not be procured, condensed milk, or malted milk, with barley water, lime, and a very little sugar, makes a diet that agrees with most babies.

QUANTITY.—When diluted to the proper strength the following amounts of food will be consumed by the average healthy child each twenty-four hours: First week, twelve ounces; from second to sixth week, sixteen ounces; from sixth to eighth week, twenty-four ounces; from third to seventh month, from thirty-two to thirty-six ounces. Only one fast and fixed rule is safe to follow, and that is — NO DIFFERENCE WHAT IS FED THE BABY, IT MUST BE SEASONED WITH BRAINS.

USING BRAINS

The first stools passed by the baby are nearly black and of a tar-like consistency. As the child begins to nurse, the stools change to the normal yellow or orange color, are soft or mushy in appearance, and should

have no disagreeable odor. Prepared foods change the color somewhat to correspond with the color of the food. The stools should be passed from one to three times a day. They should be constantly noticed, as this furnishes a positive index to correct feeding.

LOOSENESS of the bowels indicates too much or too rich food, and the amount or strength of the food must be reduced one-half or more, gradually coming back to a normal feed in a few days, after the looseness ceases. Feed no sugar while loose.

DIARRHEA.—A sudden attack of loose bowels usually comes from unsanitary food. The bottles are not thoroughly cleansed and scalded, the nipple sour, the milk is left uncovered so flies can deposit germs in it, or it partially decomposes from being kept too long or too warm, are the more frequent causes. Weeds eaten by the cow, or milk from a pregnant cow, also cause diarrhea. An extensive investigation held in New York disclosed the fact that flies and dirt in the home, and unsanitary feeding, caused nearly all cases of diarrhea in small children.

During four years, 1903-1907, there were 271,773 children under two years old who died of diarrhea and similar diseases in the United States. Compare this with only 110,072 soldiers killed in action or fatally wounded during the four years of the Civil War. Remove the cause of diarrhea and feed very lightly for a few days, using rice gruel in the feed. Rice is constipating. If the attack is severe, feed only small amounts of rice or barley gruel until improvement is noticed. Give the child what drink it wants, but only water that has been boiled. Fresh water will cause griping and further purging while the intestines are sore. If the attack is very severe, or

accompanied by vomiting, the physician should be called at once.

GREEN STOOLS are caused by too much sugar.

CONSTIPATION in the nursing baby is usually caused by the same trouble in the mother, and it is she who should receive the treatment. In hand-fed babies constipation is relieved by adding oatmeal gruel or using more cream in the feed. Do not give cathartics. If necessary to use artificial means, an injection of half a pint to a pint of warm water containing a little milk or good toilet soap may be administered by means of an infant's syringe. If the fountain syringe must be used, hold the reservoir *very little* higher than the child, as too much pressure is dangerous.

Massage, by running the oiled balls of the fingers down the left and up the right side of the abdomen, using only a very gentle pressure and continuing the massage for five or ten minutes, is often successful in exciting an evacuation, and has no objectionable results. Remember that constipation soon deranges the entire system.

COLIC is caused by indigestion, and is the result of improper or over feeding. It is known by a sharp, piercing cry, and the knees are continuously drawn up and kicked away from the body again. A starved baby sometimes has a gnawing pain in the stomach which is usually mistaken for colic. Paregoric is binding, and must not be given for this trouble. Soothing syrups benumb the nerves, and leave the trouble unabated. Their use is criminal. Give warm water containing a pinch of baking soda as large as a pea. Use an injection of one pint of warm water, containing a little milk, to move the bowels.

Keep the feet warm, and massage the abdomen as for constipation to move the gases from the intestines. Colic is sometimes caused by getting chilled, and if this is the cause, put the child in a warm bath for five or ten minutes. Wrap it warmly upon removing it from the bath. Never feed a baby while the colic lasts. Warm milk may relieve the pain for a short time, but it soon returns with added severity. Give warm water and withhold food for some time. If it is a bottle-fed baby, the preparation of food should be modified. Change to a more easily digested preparation, containing less rich food. The breast-fed baby that has colic should receive its meals further apart and not be allowed to nurse quite as long as it has been doing. Constipation tends to cause *colic*, and if the child is troubled in this way treat for constipation.

GIVE WATER.—The baby requires water. If it fusses between meal times, offer the child a drink. The baby that drinks water seldom has colic. We have seen mothers pouring soothing syrups, of unknown formula, down the helpless infant, and flatly refuse to allow it given a drink, declaring water was poison.

NEVER give ice water or sweetened water to a baby.

STARVING.—More babies are overfed than starved; but when the child cries upon having the bottle taken from it, and again before the next feeding time sucks its fist and grabs at the nipple with a shake of the head, it is in need of more nourishment. When a nursing baby shows these symptoms, it should have the bottle in addition to the breast.

OVERFEEDING.—Where the baby sleeps restlessly,

vomits its food, has looseness of the bowels or colic, it is usually caused by overfeeding or by feeding food that is too rich. Sour curds vomited between meals indicate too much cream in the food.

NORMAL.—When the baby is contented, does not vomit, has natural stools, and is gaining four to six ounces in weight each week, the mother can consider the child properly fed; but when these conditions are not to be found, she should never rest until she has found the correct diet. To wait until the baby is sick and then go to pouring poisonous drugs down the helpless infant is often murder. Many physicians give strong medicines against their will. They know that if hygienic feeding is advised, it will not be heeded, and that if no medicine is given a patron will be offended. Strong medicines are always injurious to a baby. Its delicate little stomach and tender nerves can never entirely recover from the irritation of cathartics or the stunning effects of soothing syrups. More babies were killed or injured for life than were ever benefited by their use. Criminally careless feeding, while relying on the doctor's ability to correct its evil results by the use of drugs, is responsible for the death of fully two hundred thousand infants each year in the United States.

WEANING.—Teething and the second summer are dreaded by most mothers, and when we think of the endless variety of indigestible solid foods which suddenly find their way into the delicate little stomach at this age, it is little wonder that the death rate runs high. The change from milk to solid food must be made very gradually, beginning with a very small amount of any new

food, and notice carefully the results as the quantity is increased. Only one new food should be tried at a time, so its effects can be observed. The walls of the stomach must be strengthened gradually. We would not think of putting the baby to carrying a coal hod to develop its muscles; but food most difficult for the hodcarrier to digest is usually thrust into the delicate little stomach, and then mamma worries about the troubles caused by teething. The following foods will be found to agree with most children at the ages mentioned: Strained fruit juice after eight months old, if bowels are not loose; beef, mutton or chicken broth after nine months old; part of a soft egg or crisp toasted bread crust after ten months old; cereals, thoroughly cooked and strained, from twelve to fifteen months old, then the cooked grain may be given; small amounts of well-cooked beef, mutton or chicken after fifteen months old; mealy baked potatoes after eighteen months old; cooked fruits after twenty months old; cooked vegetables after two years old. Raw fruits are always dangerous for a child, especially in the city and in hot weather. After one year old, four meals a day, with nothing but water between meals, will be found best. A baby should never be given cakes, candy, doughnuts, pastry, griddle cakes, soggy bread, syrups, molasses, pork (or tough meat of any kind), bananas, pickles, tea, coffee, soda water, wine, cider, beer, or soft drinks. It should never be taken to the table and given tastes of various foods, as it will soon want everything it sees. Many mothers, and especially grandmothers, think they are playing the part of the Good Samaritan when they stuff the baby on sweets, rich pastries, tough meats, or coffee,

and are doing all in their power to cultivate an appetite for foods too strong for the child. It is the child, however, who dies, or must go through life cursed with a deranged digestion to pay for *Granny's whims*.

A HABIT.—It is at this critical period that one of the most important habits of life is formed. The child learns to live for the purpose of stuffing the stomach to the limit of endurance with everything procurable in the form of food, or it learns to eat with an idea of preserving health and gaining strength. It will not do to allow the child to see older persons eating various foods and not permit it to taste them. If it is allowed a taste to satisfy curiosity, and then told it is not strong enough to digest such food, and that it would make it sick, it will not want to eat much of it. Thus trained, a child will take pride in eating for the purpose of producing strength and manhood. On the other hand, if humored to the idea that it should have everything its fancy desires, it soon forms the habit of craving everything it sees, and lives to keep its stomach in misery. The habit formed so young is likely to stay with it through life. I am acquainted with several prosperous families in which the children have such depraved appetites, due to bad training, that they will not accept toys or good books for a present, but demand tobacco, chewing gum or candy. All the essential habits of hygiene can be easily instilled in the child at this age, and it will unconsciously learn to take an interest in noticing constipation or other evil symptoms and dieting to regulate them. Will power, like the muscles, grows by exercise, and to enlist the child's will in the development of manhood at such an early age, can not fail to result in a strong character.

MOTHER'S DUTY.—It is important, therefore, that the mother inform herself on the laws of physical hygiene, mental hygiene, and especially sex hygiene, in order to be qualified to transmit to her child these laws of health and moral purity. She can rest assured that in seeing her child acquire health, knowledge, and a strong will, as it learns to keep carnal appetite, nervous energy and sexual passions under control, she will be repaid a thousand times for the labor she thus bestows.

NARCOTICS.—The mother who uses strong narcotics during gestation often causes her child to be an idiot, and it is safe to presume that the use of mild narcotics will in most cases produce a corresponding degree of mental stupor in the child. Where tobacco and coffee are used in excessive amounts by either father or mother, the mental atrophy is usually plainly noticeable in the children. Nearly all soothing syrups contain narcotics, and are extremely dangerous when given to children. Many preparations advertised as containing nothing which can possibly injure the child are found upon analysis to contain morphine or opium in dangerous quantities. No true mother will resort to the use of narcotics in any form. For further information upon this subject, see Social Ethics.

BED WETTING.—This is not only a very disagreeable and dangerous complaint, but also, on account of its blighting influence upon the life of the child, it is a condition which should not be neglected. It is disagreeable because of the great embarrassment and inconvenience it occasions in the home, and dangerous because often caused by constitutional weakness or disease, which should receive prompt treatment. It weakens the consti-

tution, exposes the child to colds, tends to encourage masturbation, produces mental depression, and often ruins the child's ambition for life. The most frequent causes are deranged digestion and constitutional weakness. Where the child has been trained to hygienic diet, this trouble seldom arises. When the kidneys are overworked by constipation or over-eating, it causes the urine to be too scant and scalding or over-profuse. The physician can give drugs for the relief of such troubles, but it should be remembered that remedies given to correct scalding urine are likely to injure the stomach, eyes or other organs. The only sensible way to secure relief is to correct the diet. To teach the child to void the urine before retiring, and again upon waking during the night, is often all that is necessary. Sleeping upon the back with the head and shoulders upon high pillows often aggravates the trouble. Constipation causes direct pressure upon the bladder, as well as throwing extra work upon the kidneys, and for this reason it should never be tolerated. A chill induced by lack of sufficient covering will often cause a wet bed. To eat melons, ice cream, lemonade, apples, soda water, candy, pastries, or even a hearty meal of plain food late in the evening, will often cause bed wetting and serious digestive troubles. The moderate use of plain foods, with plenty of pure water during the earlier parts of the day, with a light supper and little or no drink in the evening, will relieve and eventually cure all ordinary cases of bed wetting. The child's desire for sweets should be alleviated by a reasonable amount of jam or sweet fruits; never with sugar or candy. The trouble is sometimes aggravated by suppressed perspiration, and a

daily bath, followed by brisk rubbing with a coarse towel, will induce a healthful action of the skin, and thus reduce the amount of work required of the kidneys. Masturbation or irritation of the genitals by uncleanness is also a frequent cause of this trouble. Do not become discouraged if recovery is slow. Many have been entirely cured when they arrived at manhood and womanhood by carefully following the above directions.

BOOK SIX

SOCIAL ETHICS

HOME

HOME was the first institution founded by divine wisdom, and is the gateway through which the souls of men enter life. It is the most influential organization in existence, and the foundation of all national life. Legislatures may enact laws; they may place a regiment of soldiers at every street corner to enforce them, but they can not reverse the influence of an impure home. God's intended function of the home was divine. He meant that the child should be born amid ideal conditions, and there receive its first thoughts and have its first impressions instilled into the soul. There, also, it was to become conscious of responsibility and power, and form its ideals of right and wrong. An ancient Roman psychologist said, "Give me a child until he is seven years old, and I care not who may have him afterward." If we could only decree what the homes of to-day are to be, we could mold the nation of to-morrow. Lack of home training is the one great curse of our nation. While our officials are engaged in war on the white-slave traffic, which so seriously threatens the nation, let us notice that only one in two hundred of the girls so far rescued from white-slave dens had ever received any home instructions of a moral nature. When our children are taught moral virtue and sex

hygiene in a pure way in the home, and not until then, will our sons become the founders of homes, instead of the patrons of bawdyhouses or clandestine women; and our daughters become mothers, instead of white slaves or courtesans. When our children are taught that lustful sensations and emotions are not love, the divorce courts will have less to do; and when they are taught that all true love is founded on a knowledge of virtue, honor and character, the homes of the future will be built upon that solid foundation.

The teaching of moral purity in the homes of our land is the only thing which will solve the social evil, the white-slave evil, the divorce evil, the race-suicide evil, and the venereal pestilence. The ideals of childhood become realities. Teach the boy that a home is a burden and immorality is a great frolic, and the boy will become immoral. Teach him that prostitution breeds disease and poverty, and that home life is the ideal, and he will found a home. Teach him that the pleasures of life are found in carousal, gluttony and lust, and that boy will revel in dissipation. Teach him that the essence of life is found only in honor, righteousness and chastity, and he will become as pure as the morning dew.

We are not talking now about the nation; each parent must start his own children toward high ideals, or he will start them to the brothel. That boy and girl came into this world not by their own choice, but through your choosing, and they have a right to be born healthy; but their highest right is that their souls' impulses and ambitions shall be directed by the wise and kindly authority of a Christian home, and not by the promiscuous influence of immoral associates.

LEARNED AT SCHOOL.

A little girl with merry eyes came tripping down the street,
She knew not of life's dangers or the snares before her feet.
Her mamma loved the old-time way; she thought it wrong to tell
A child of Satan's evil snares, which lure mankind to hell.
Said she, "Most children learn such sins too soon, has been the
rule."

Too soon, indeed, her child will learn, for Mary's off to school.

The teacher taught her how to read and work the rule of three,
But playmates taught her that which lures, with much audacity.
Her social ethics learned so low depraved the childish mind,
And Mary soon was humming tunes, the low, degrading kind;
From love-lore songs to youthful beaus is but the common rule;
A life of sin was soon her fate — she learned it all at school.

A scarlet girl with tearful eye lay on her dying bed,
No mother near to soothe her fear or bathe her aching head;
To face a God of wrath, unsaved, her spirit soon must go,
For those who live a life of sin must reap the deeds they sow.
No friends to mourn for such as she, has ever been the rule;
A cruel fate for innocence — she learned it all at school.

LITERATURE

GOOD LITERATURE is a name by which Satan has blinded the eyes, poisoned the minds, corrupted the souls, and inflamed the passions of myriads of the most intelligent young people of our land. We are not considering now the vile pictures, filthy reading matter, and obscene images dispensed by the railroad newsie, or other red-light devotees, but the works of fiction, usually printed in cheap books, magazines and daily newspapers. Detective stories, wild-west stories, so-called "love" stories (we should call them lust stories), and the daily reports of murder, rape, scandal and divorce are all rank poison to the mind of any one trying to live a pure life. This may

sound like excluding all literature, but there yet remains all that is good, elevating and pure. The many books, magazines and periodicals treating upon current events of a historic, mechanical or scientific nature, descriptive travels in foreign lands, natural history, science and art, furnish a large supply of reading that is both elevating and educational. Then there are trade magazines treating upon practically every vocation in which a person might choose to engage. A few love stories by good writers, where the characters are true to life, the hero and heroine moral and their influence elevating, can do no harm; but too much fiction of any description is injurious. The novel fiend who reads until 3 a. m. to finish an exciting story has his sleep filled with troubled dreams, and awakes as from a trance with the memory dazed, stupefied, and unable to concentrate the mind upon any subject. Only as much as can be remembered distinctly should be read at any one time; then our reading results in mental development, instead of mental exhaustion. By careful selection and systematic reading, the brain can soon be developed to a far more useful and practical degree than is represented by the average college diploma. Read only to weigh and consider. One man reads to gain knowledge, another to feast on sensuality, and another reads to kill time and memory.

THE NOVEL FIEND.—The yellow-backed hero worshiper gets a new book every three days, and sits up until two or three o'clock to finish it. She laughs and cries, then cries and laughs; she gets mad at the villain, and worships the hero. If she could only have a lover like that she would be the happiest woman on earth. He may be a murderer, adulterer or a villain, but he is her ideal

sweetheart. He wades through crime and blood to rescue the heroine from the hands of a worse villain than he himself is, or to lure her from the arms of her husband. When he succeeds in capturing her heart, he wraps her in his arms and plants "that kiss." From beginning to end it is crime and lust.

We become a part of what we read, and no person can love evil and be pure in heart. When we love a crooked hero or heroine, we are crooked in our hearts. Novel reading is to blame for the fall of thousands of girls and the unhappy marriage of millions. The novel pictures love as a supernatural fitness of two souls for each other. They love at sight, and love forever. With this ideal in mind, the girl falls in love with the first gallant who sees fit to flirt with her; and later in life she realizes that Cupid is a liar and love is, to her, a stranger.

THE THEATER

Only a few years ago many of the better class of theaters confined themselves to modest plays, but to-day the play has degenerated to the point where a theater giving only a clean, modest drama, such as Shakespeare's, would soon be forced to the wall. In modern fiction and the dance, sex plays the leading role; and on the stage a play without the sexual charm would be an insult to the patronizing public. Rival lovers, unrequited love, jealousy, lovers' remorse, unkept wedding vows, and lustful flirtations are the spice that adds charm to the most "refined" play. The most innocent movie is not complete without the lovers' embrace, lustful kiss and rival's rage. When the "devil's lust shop" is hid in the most refined classics, what can be said for the moderately respectable tragedies,

comedies and farces patronized by the surging throngs of humanity—where the high kick, the stage split, the bare leg, the nude bust and the ballet dance add savor to the lovers' fate? The leading star of the screen and the stage is the actress who can present the most sensual and enticing allurements.

One thing is certain: *No person can keep the mind pure, and the sexual passions under control, while the imagination is fired and the moral nature depraved by suggestive theatricals.*



THE THEATER, THE DEVIL'S LUST SHOP.



THE ETERNAL TRIANGLE.

Sexual allurements, lust and jealousy form a triangle, without which no play is complete.

God intended the wedding vow and the lovers' devotions as a sacred bond of adoration, but, as displayed on the stage, these sacred attributes are sadly desecrated.

THE DANCE

When practiced to develop graceful movement and for physical exercise, dancing is a most innocent pastime. From the days of Moses until the time of Christ it is frequently spoken of as being used to express joy; but in no place does the Scripture speak of men and women dancing together. It appears that Satan never thought of using it thus until more recent years. As long as dancing is indulged in by men or women *separately*, there is nothing to be said against it; but when the two sexes lock arms, or embrace, and dance for the purpose of sex stimulation, the dancing hall can only be thought of as the reception room of the brothel. The single dance is the dance of joy. The united dance is the dance of death: death to virtue, to morals, to pure thoughts, to a continent life; death to all that is pure and noble in the young man and fair maiden; and, finally, death to the soul.

The dance is one of Satan's most cunning deceptions. Few girls, when they begin dancing, recognize the source of its pleasure. The average girl, after her first dance, could not be made to believe it was sexual magnetism that had thrilled her being during the excitement of the whirl. By the time she recognizes the source of pleasure her moral conscience has become seared, and she can nestle closer in the arms of her partner, and blush with pleasure in a position which before would have shocked every fiber of her virtuous being.

Thousands of young men have made their first trip to



THE DEVIL'S GYMNASIUM.—Here physical energy is used to develop animal passion.

the brothel, seeking relief for their fired-up passions, after a dance with innocent friends in some mother's parlor; many have confessed to this. Thousands of girls, after the hug of the dance, have submitted to the same compromising position in the arms of their lovers in the darkened parlor, and, thereby, lost their virtue. When the parlor dance, by a selected few, wages war on purity, and converts love into lust, what can we expect of the public dancing hall where the waltz, round dance or tango is cunningly devised to bring the couple into closer physical contact? Here we find the daughters of pious parents, with nude arms and decollete gowns, wrapped in the arms of men who have already been to the brothel, and know how to press every advantage of the close **physical contact**.

The midnight supper, including wine or beer, to assist in dethroning reason and paralyze will power, is followed by more of the giddy whirl, close embrace and rhythmic swing to the time of fast music, until the exhausted girl has little reason and less moral control left at her command. The public dancing hall is the recruiting station of the white-slave procurer; the parlor dance is the breeding place of lust, and the social or public-school dance is the training school for prostitution. When the girl or boy begins to dance or flirt, studies are soon neglected, and moral degeneracy begins.

The dance is a war on home, a war on health, a war on man's moral nature and woman's virtue. A girl can not return untarnished from the dance. She may, by the exercise of a strong will power, retain her physical purity; but she has lost her modesty, her finer sense of virtue, and nobler feelings. Her womanly intuition, the

great barrier to sexual intimacy, is lost. Christian parents, if you would not see your children traveling the hell-bound way to sensuality, teach them in childhood to shun the fire that burns in the kissing game and the immoral dance.

"The path is smooth that leads to danger."—*Shakespeare*.

WHITE SLAVERY

It is not our purpose, in these pages, to give the details of white slavery, or an extended history of the awful conditions revealed by federal and civil authorities during their vice-reform and rescue-mission work of recent years. But we desire, in a brief way, to mention some of the methods used by slave trappers and seducers in order, if possible, to throw some further safeguard around the (as yet) pure girls of our country who are liable to become the prey of these human vultures. For years we, as a people, looked upon the prostitute as a female demon, depraved by her own choice, and seeking to lure men down to her own level for the sake of the pitiful price at which she sold her scarlet ware. The first reports circulated concerning slavery were believed by only a few, but since the history of thousands of rescued girls has been obtained, and magazine articles and books have been circulated giving a history of the work, the public has ceased to doubt the existence of white slavery. Public officials engaged in the vice-reform work estimate the number of public prostitutes in the United States at three hundred thousand, and the average life at five years. It is necessary, therefore, that sixty thousand new recruits be found each year to keep the ranks supplied. The

history of several thousand girls shows that the greater part of these recruits come from the well-to-do homes of the country and small towns. They are among the most talented and beautiful girls in our country.

History records the Civil War as the greatest calamity that ever befell our nation. In four dark years 110,072 of our stalwart men fell dead or mortally wounded on the field of battle, to maintain the nation's honor. During the last two years one hundred and twenty thousand of the fair daughters of our land have been shot down into a harlot's hell to gratify the nation's lust; and this war, which has already claimed several millions of lives, is still going on. When will the war close? Not until our boys are taught that sensual gratification is a hellish desire—not a physical necessity.

THE PROCURER.—Investigations prove that there is no limit to the many different means employed by the white-slave procurer in trapping and intimidating his prey. These procurers are so numerous that no girl, or young woman, is safe in accepting as an acquaintance and friend any person, either male or female, until she has obtained a reliable account of his or her past life. Upon no condition, is she safe in accepting employment, or entering any building strange to her while in the company of any such new-found friend. More girls are trapped by answering the advertisements of employment bureaus, or accepting employment at the suggestion of some new-found friend, than by any other one method.

To attend a dance, theater or picture show, or enter a supposed ice-cream parlor, restaurant, candy or fruit store, in company with some new-found friends is also a very dangerous thing for any young lady to do.

BARRED DOORS.—A girl once trapped, it is not usually necessary to keep her behind barred doors for more than a few days. It is almost beyond comprehension to conceive the means that can be brought to bear upon such girls to prevent their leaving when once they are incarcerated in a house of prostitution. Of course, the first part of the process is to rob them of their virtue. This is usually accomplished by brute force, or the use of drugs. Once degraded, she is made to believe that her former home and friends are turned against her. Street clothes are not allowed until she becomes resigned to her fate. She is told that she is in debt to the madam for the price paid her procurer, and will be given her freedom when she earns a sufficient sum by her prostitution; and that the police are in the employ of her captors, and will assist in her conviction if she attempts to leave or cause any trouble. Out of reach of friends, and hopelessly debased, the purest girls soon resign to a depraved life, or attempt the hopeless task of buying their release by illicit merchandising.

SEDUCTION.—Where one girl is trapped by the procurer, a hundred are ensnared by the public seducer. His is, if possible, the more deceitful and revolting method of the two. "Compared with him, our aboriginal ancestor who clubbed his victim into insensibility and dragged her to his cave was a gentleman."—*The Light*.

When once spotted by one of these human hyenas, a girl seldom escapes his toils. He follows no certain method in capturing his prey, but suits his methods to each occasion. After choosing a victim, he devises some plan to form her acquaintance. Often he can accomplish this unaided, as it is seldom that a girl refuses to enter

into conversation with the man seated near her in the waiting-room, car or theater; but usually he finds some friend to extend an introduction. If no friend is found to do this, some girl, usually a slave, is selected to form her acquaintance. All girls enjoy having a girl chum, and the new friend, by her charming devotion, soon wins the girl's confidence. She is then invited to attend a theatrical, a dance, or a joy ride, accompanied by this girl friend and her beau, and another "charming young man." Once introduced, the seducer takes a great fancy to his new-found friend, and no attention to her pleasure or comfort escapes his thoughtful care. Should his victim be a married lady, he is nothing daunted when he makes this discovery. He knows, from experience, that joy rides, theatricals, ice-cream parlors, and soda fountains will in most cases overcome all scruples concerning a hard-working and unsuspecting husband. Soon she accompanies him to the dancing hall, and when once she has yielded herself to his hearty embrace in the waltz, and had her reason blurred and will power paralyzed by a glass of wine, she loses all thought of virtue and shows her gratitude for his many attentions by yielding to his solicitations. When once her virtue is surrendered, it will take but a few more joy rides, including a stop at the country club, dancing club, or a sporting house, run in connection with some refreshment counter, to completely suppress all thoughts of a chaste life. Her seducer then makes a deal with some fast young sport who is skillfully substituted as her escort, and she thus becomes a paramour. Where his intended victim is a single girl, his task is much easier and his returns greater. Every girl is longing for a gallant lover and a home of her own. His

devoted attention and his well-directed words of flattery concerning her pretty form, charming ways, and lovely disposition, soon infatuate the unsuspecting girl. Once engaged, she is easily convinced that they are as good as married, and it seldom requires the influence of the waltz or wine to induce her to yield to her lover. With her virtue gone, the girl soon becomes a mental slave to her seducer. He often informs his victim that he has lost his money and can not marry until she earns the money necessary for housekeeping, and suggests that, since she is already living an immoral life, she can make easy money in prostitution. He assures her as soon as they accumulate enough means he will marry her. If she revolts at the suggestion of this degraded life, she is enticed into some house of prostitution and there intimidated by threats of exposure of the life that she has already lived, and, in many cases, beating and other cruelties are resorted to. When compelled to accept strangers, she realizes her fallen condition, and knows that home and former friends are not to be thought of. In many instances her ruin is not accomplished until she is married to her seducer, or a mock ceremony performed in some fashionable resort.

Although seldom put behind barred doors, such girls become slaves of the lowest order—mental slaves—intimidated by their cruel masters. They are free to go, but have no place of refuge. They fear capture and severe punishment if they should try to leave, so they continue to ply their loathsome trade. Half their income is given to the owner of the house and the remainder to their cruel taskmaster, who occasionally beats them when their income is not enough to satisfy his demands. He devotes

his time to touring cars and searching for other victims. He usually represents to his slave that he is saving her income, or investing it in some legitimate manner, and that they will soon be able to leave their present employment and enter a life of luxury. His only aim is to hold the service of a slave during the period of her greatest earning capacity. Her average life is only five years. Many readers may think all this is an exaggeration, but any one who takes the trouble to look up the records of the rescue missions and criminal courts will find that several thousand girls have been rescued from such conditions, and that scores of men are now serving time in federal penitentiaries who were convicted of procuring slaves, some having as many as forty girls under their control.

REMEDIES.—Since the public has begun to realize the enormity of the white-slave evil, much has been done in the way of enacting laws and prosecuting the few who could be located and proven guilty; but, while this has been the means of closing up many public houses, and even eradicating the red-light district in many cities, those engaged in vice reform and rescue work concede that vice is on the increase. When we break up a red-light district we do not reform its denizens, for the fallen woman can not become a respected home-builder. The business avenues open for her employment offer too scant wages to provide her with the means to live and dress in accordance with prevailing fashions. She has her own depraved nature to contend with, and her former customers are still demanding her consideration. While the enforcement of laws prevents undisguised prostitution, the red-

light is, to a certain extent, scattered throughout the city, instead of being removed from it. As long as our boys are raised to believe that sexual gratification is necessary, prostitutes will be a necessity; and as long as the prostitute is in demand, the procurer will ply his evil trade.

The only hope of any pronounced improvement in the social evil is in education. When boys are taught the actual danger of venereal diseases, the physical, moral and spiritual destruction that accompanies excessive venery, and the possibility of true manhood being attained only through a moral life, the social problem will be solved.

DANGER.—As long as she is surrounded by evil-minded men, every pure daughter in America is in danger. When she seeks employment she must run the risk of being employed in prostitution; should she accept an escort, she is in danger of being led into an immoral resort; when she has a lover, she may be betrayed; and if she marries, venereal disease may be her portion. The most we can do to safeguard our own daughters is to warn them against the seducer, and teach them the danger of his methods.

Aside from the professional seducer, every community is contaminated with gay young men who are looking for some girl with whom to gratify their own lusts. The mental make-up of a girl is such that it is perfectly natural for her to place implicit confidence in a lover. It is difficult for her to believe that a lover is not true and sincere when he makes her a promise of marriage. If every girl could be firmly convinced beforehand that the lover who asks for the virtue of his fiancée is a seducer,



ONE OF MANY.

His lips speak of love, but she little dreams of the vile purpose
in his heart.

looking only for her destruction and the gratification of his own lust, many would escape with a disappointed love instead of a broken heart and a lost soul. Many ignorant young men may be sincere in thinking they love a girl when they ask for her virtue before the wedding ceremony, but the confessions of men, who have been in position to know, convince the writer that no man can truly love a girl after she has surrendered to him her virtue. It is a part of man's nature to despise a fallen woman, and the surrender of virtue changes a lady to the position of a prostitute in the eyes of her lover. The vilest men, as a rule, marry only the woman who has not submitted her chastity to their lust. I have heard the most depraved men declare there was not a virtuous woman in the country, but if they knew there was one, they would endeavor to get her for a wife. Could such a man return value received when he sought a pure woman for a wife?

AN APPEAL.—Every community can furnish instances where pure girls went to the factory or some office to seek work and have disappeared, as if by magic, only to be heard of later as an inmate of some house of ill repute. And we are prone to condemn such girls without mercy. Let us always remember that we know nothing of the influence that is to blame for their falling, and bend every energy to the moral education of the young. We must teach our boys self-control and our girls self-preservation. The following verses are given space, not for their poetic beauty, but because they picture faithfully the end of, not one, but hundreds of the sixty thousand girls in America who sink into the grave of the public prostitute each year :

THE PRICE OF BLOOD.

Last night a pause in the red-light game
Was caused by Death, who had come to claim
One more girl sick of the undertide,
Who sought relief in suicide.

Her comrades paused in their wild career
To hear her tell as the end drew near
Of how she came to this life of shame
And brought disgrace to her parents' name.

Said she: "The school and my childhood home
Brought discontent, and I longed to roam;
'Twas city sights that I longed to see,
The social craze that enamored me.

"I thought, of course, of a decent life,
And how I might be a rich man's wife.
I soon found work, but with meager pay;
I felt forlorn, but compelled to stay.

"When I met John life was one sweet song,
We mingled with the merry throng;
He asked that I name the wedding day,
But blackest sin in his vile heart lay.

"He brought me here to this house of shame;
I struggled long to protect my name,
But fell at last 'neath the tempter's power;
Revenge took hold of my soul that hour.

"So plunging in with a demon's might,
I lured men on. Was it more than right
When men will go to a gilded hell
And buy the souls that the keepers sell?

"I never could long endure the strain
A harlot bears with a sober brain;
With drink I drowned a host of fears,
And drove out thought of mother's tears.

"Last night I dreamed that I saw her face,
She saw her child in this horrid place.
The cry she gave, oh, it drove me wild:
'Would God I had died e're I found my child.'

"So, doctor, don't. Will you please not try
To save my life? I would rather die;
The grave for me can not shame efface,
But mother there can not see my face."

The potter's field has an unmarked grave,
The resting place of a blood-stained slave;
Her soul will rise in the judgment hall,
And there condemn those who caused her fall.

The men who bought of her scarlet ware
Must share her fate, they will meet her there;
When God shall say on that awful day:
"I know you not, go the downward way."

THE SINGLE STANDARD

THE SINGLE STANDARD has been advocated for years by all workers in social reform; and practically every one recognizes the fact that the young man has no more moral right to sow wild oats than the young lady. In the Mosaic law one penalty was pronounced upon the adulterer and the adulteress, but modern society continues to bow to the young man of gay and immoral ways, and frown with contempt upon the girl who has lost her virtue. Women are the ones who are to blame for this unequal social condition, and it is only by their decree that reform can come. So long as the ladies of our land countenance the libertine, rest assured that he will hold his head high among men. But let the women scoff at the whoremonger as men do at the whore, and the reform will be accomplished.

The most immoral men demand purity in the woman they choose for a wife, but many ladies seem to admire the gay and dashing ways of the sensualist, and to prefer him to the sober, honest, toiling man. They refuse to look beyond the silly flattery of the present, to picture the contrast in the home life that the two men represent. The W. C. T. U. has for years sounded the slogan, "A white life for two," yet many mothers continue to welcome the fast young man into their homes and among their daughters, who are undressed in the semi-nude styles of the day, and, in the effort to land a husband, they spend many hours in darkened parlors wrapped in the arms of a pretending "lover"—a white life for two? The majority of girls not only refuse to look beyond his present gallantry, but also depend upon magnifying their own sexual charms and coquettish banter to win him, instead of disclosing their true disposition and mental attributes. One lady, when asked what good she found in flirting, replied, "Oh, I just love to tease a man until he thinks he can not wait another minute for a kiss, and then not let him have it!" A girl of this disposition, especially if she be passionate, will soon bring ruin upon herself; while, if she is so physically constituted that she has no sexual passion to keep under control, she may drift for years a respected member of society, luring the thoughtless young men who come under her influence to the brothel. Here her fallen sisters are grinding out an annual grist of over one million cases of syphilis and gonorrhœa.

A few of our ladies, however, look beyond the nuptial festivities in choosing a father for their children. One young lady, an orphan, with whom the writer is acquainted, when offered the attentions of an apparently

worthy young man, asked the assistance of her cousin to determine his moral standing. After his first investigation this cousin brought a favorable report, but later he learned that he had been mistaken, and she dismissed her suitor. Most girls appear to dread the prospect of a single life, but this lady dreaded more the prospect of a diseased and dissipated husband; and we believe her head was level. Most girls regard the sober-minded, laboring man as boorish, and the gay, dashing spendthrift as manly; but if they would only give a serious thought to the following pictures, which are true to life, they would regard the sower of wild oats in a different light:

PICTURE 1.—A blind school filled with sightless or semi-sightless children, 80 per cent. of whom came to their unhappy fate through gonorrhœa in their parents. Wild oats harvested by innocent children.

PICTURE 2.—An operating table; a woman undergoing the dangers of anesthetics and being robbed of her sexual organs to save her life—the result of gonorrhœal infection. Seventy-five per cent. of all operations upon women for pelvic troubles come from this cause. Wild oats harvested by an innocent wife.

PICTURE 3.—A washtub, over which a woman with a haggard face is earning bread for her hungry and half-clothed children, while the father is loafing at the wine room, the brothel, or doing time in the lockup. Wild oats again harvested by the innocent.

PICTURE 4.—A beautiful girl who has just committed suicide because her lover refused to marry her, and thus partly hide her disgrace. Wild oats harvested before ripe.

PICTURE 5.—A doctor's office filled with a nervous,

anxious throng, who have nothing to say concerning their ailments. Wild oats by the million.

PICTURE 6.—A lunatic asylum filled almost entirely with the product of the saloon and the brothel. Here, at least, the crop is being partly harvested by the sowers.

PHYSICAL NECESSITY.—For ages civilized nations have claimed that for the young man sexual gratification was a physical necessity, but that his sister must maintain her virtue or be banished to the brothel. Boys and girls are born of the same flesh and blood, and God is no respecter of persons. He issued one decree for the adulterer and the adulteress—both were to be stoned to death, thus keeping abominations out of the land. We are prone to excuse the young man upon the ground of physical necessity, which comes not from a natural desire, but from the hellish lust of an immoral brain. The young man who spends several years in prostitution, and then asks the hand of a pure girl in order that he may reform and settle down to a decent life, is an insult to God and society. God never intended that the pure bride should become the matron of a private sanitarium or reformatory. We never see the mocking bird marry the bird of paradise, or the vulture marry the dove, except in the human family. The first time a young man indulges in prostitution he loses his virtue, just as his sister would. He can never after love a wife with a pure love. The writer was true to one sweetheart, and after marriage experienced the union of two hearts in oneness of purpose and desire. He believes he has sipped the sweets of the fountain of love; and after discussing the subject with men of loose morals, is thoroughly convinced that no man, after once yielding his virtue upon the altar of

lust, can possibly entertain a pure and true love for any woman. A man can not crucify the finer attributes of his soul and evade the severe penalties imposed by nature's God. Lost virtue can not be restored; the beauty of the faded flower is gone forever. The bitter experience of Robert Burns wrung from his soul the following lines:

"A sacred love of well-placed love,
Luxuriantly indulge it;
But never tempt the illicit rove,
Though nothing should divulge it.
I waive the quantum of the sin,
The hazard of concealing;
But, och! it hardens all within,
And petrifies the feeling."

THE QUESTION.

A young man of fast ways
Has repented the days
That he wandered in vileness and lust;
At the altar of love
He is seeking a dove,
And he asks for her hand. Is it just?

On his knees he implores,
And he says he adores,
That without her he'd always feel blue;
If she'll only say "Yes"
He will freely confess,
And to her give his life. Is it true?

All his wealth he would give,
And for her ever live,
So help him, the God that's above;
Not a want she would know,
And on her he'd bestow
All he has in the world. Is it love?

Bringing sickness and pain
And a dark crimson stain
To a soul that is spotless and white;
Bringing sin and despair
To a lady so fair
In exchange for her love. Is it right?



1. Sporting — The Past.
2. Proposing — The Present.
3. Sick — The Future.

NARCOTICS

A narcotic is a medicine which excites the nerves and produces temporary stimulation, thus benumbing consciousness by reducing susceptibility to pain or fatigue. An overdose produces stupor, convulsions, and death. The constant use of even mild narcotics gradually stupefies the entire nervous system and reduces brain power. Cocaine, opium, morphine, laudanum, chloroform, ether, alcohol, beer, wine, tobacco, coffee, and tea are classed as narcotics by all medical journals. A narcotic is not a food, and intoxication quickens the brain, nerves, and muscles just as the whip quickens a horse. Repeated applications of the whip goad the horse into a state of exhaustion, and repeated dosing with narcotics, or to take an overdose, produces languor, stupor, or insensibility. We are all acquainted with the destructive and demoralizing influence of the stronger narcotics, such as opium, morphine, or alcohol; and most persons have noticed the quick results of cigarettes; but many of the milder narcotics have not been considered destructive by the majority of persons, because they never studied their harmful effects.

THE POWER OF ENDURANCE.—There is a great difference in the ability of different individuals to endure the use of narcotics. The older a man gets, up to middle life, the more firm and solid does his nervous system become; and a man at forty-five can endure five or ten times the amount of narcotics he could at fifteen. Again, the strong man doing hard, physical work in the open air can endure three times as much narcotics as he could if sitting all day at a desk in a close room; and a man with strong nerves can endure much more than a weaker one. The

longer a narcotic is used, the more pronounced does its evil influence become. It is possible for a strong man to use tobacco or coffee all his life and not show any severe injury, but his children will inherit a weak nervous system; and, if the use of narcotics is continued by them, they succumb more rapidly to the demoralizing influence than their parents did.

NARCOTICS DELUSIVE.—Users of tobacco and coffee, especially, are subject to the delusion that these narcotics contain some food or strengthening quality. When, for any reason, they fail to get the desired stimulant, their nerves relax, leaving them tired, cross and weak, and usually with a headache.

I have heard it said that all the fun of a spree was paid for in sobering up. Narcotics not only destroy the nervous system and mental faculties, but the heart, kidneys, liver, lungs, stomach, and practically every tissue of the body, suffer as well. A few tobacco users realize that it is the cause of their stomach trouble, but the majority can not be made to believe that it hurts them. Let a physician tell a man that it is tobacco or coffee that is causing his heart trouble, liver complaint, or headache, and he will usually reply, "My father used it until he was eighty years old, and it never hurt him." It will tell on the second generation, if not on the first; and, if the truth was known, his father's nerves did not escape injury. The claim that all old persons are users of narcotics is a proven mistake. A study of the lives of six hundred and fifty persons between ninety and one hundred and thirty-eight years of age showed that among these aged people coffee or tea was seldom used more

than once a day, and many never indulged in either. Very few had been, even moderate, users of tobacco or alcohol.

DEGENERATION.—While alcohol breaks the bars of restraint and stimulates the criminal to lawlessness, the use of mild narcotics by a child weakens the will power and prevents resistance to evil. High authorities tell us that where tobacco is used by both father and mother, and by the children in each succeeding generation, the third generation will show an alarming per cent. of idiots, and the fourth generation will practically all fail to reproduce. Eminent physicians of France are waking up to the fact that tobacco is one of the potent factors in the decreasing birth rate in that country.

The writer is acquainted with one neighborhood where the above facts are clearly demonstrated. From the hardy pioneer stock of frontier days, the third generation has degenerated to where as high as 15 per cent. are idiotic, 80 per cent. are below normal in size, and 90 per cent. are less than normal intellectually. Scarcely a sound physique is to be found in the community, and the healthiest of the defectives are to be found among the older persons of the first and second generations. The public school in this community, with competent teachers, has had only five scholars to come anywhere near completing the fourth grade in the last twenty-five years. Tobacco and coffee are clearly the prime factors in this degeneration, but, as dissipation seldom stops at one bad habit, even in the single individual, many other vices are to be found among these retrogrades. Immorality is especially prevalent among the third and fourth generations.

SOME POPULAR AUTHORITIES QUOTED.

"Tobacco leads men into temptation and delivers them to evil. It has utterly ruined thousands of boys, inducing a dangerous precocity, developing the passions, and greatly injuring the spinal marrow, the brain, and the whole nervous system."—*Dr. John C. Gunn, M.D.*

"In no instance is a sin of the fathers more strikingly visited on the children than in the sin of tobacco smoking. The enervation, hypochondriasis, the hysteria, the insanity, the suffering lives and early deaths of the children of inveterate tobacco smokers bear ample testimony to the feebleness and unsoundness of the constitution transmitted by the victim of this pernicious habit."—*Dr. Pidduck, in The London Lancet.*

"Tobacco forgets, alcohol makes the will crazy."—*Frank Channing Haddock, M.S., Ph.D.*



PUNY CHILDREN, BEING RAISED IN SQUALOR.

The parents lack energy and ambition because of the use of tobacco, snuff, and coffee. The mountain air for a rugged life, but it can not overcome the demoralizing effects of mild narcotics.



MORE MOUNTAINEERS.

The grandparents were hearty and prosperous. Excessive venery, and the use of mild narcotics, has almost exterminated this family in two generations.

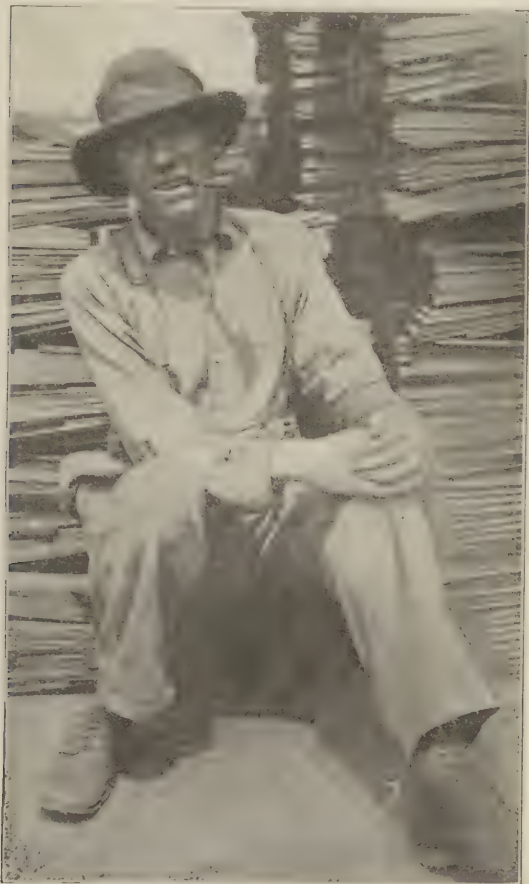
"No one has any more right to poison the atmosphere others are obliged to inhale than he has to poison the food or the water others have to use."—*Charles G. Pease, M.D., President, Non-Smokers' Protective League of America.*

"I have never known a case of sick headache (nervous headache excluded) which was not caused by coffee."—*Dr. Chase.*

MENTAL ATROPHY.—It has been clearly demonstrated in our military and naval schools, as well as other schools, that the tobacco user never progresses well in his studies. I have seen an entire family of children fall behind in their classes from the use of strong coffee. Their father was educated and their mother intelligent (if you will excuse their ignorance of the evil effects of coffee).

I have met with hundreds of persons who began the use of tobacco and coffee in childhood, but I have the first one yet to meet who did so and acquired an education and good health. A child, given no stronger narcotics than coffee, tea, or tobacco, can not develop a strong intellect, and has no will power to resist temptation, but drifts helplessly before the influence of evil environments. A cigarette fiend cares little for his physical manhood, less for an education, and nothing for his moral purity. His one ambition is to gratify the lusts of his own fleshly appetite.

DISSIPATION.—To seek pleasure in nerve stimulation is self-destruction. Let a child once begin stimulating his nerves with tobacco, coffee, or sexual excitement, and his finer instinct is blighted. He loses interest in work, study, or even healthful play. He becomes languid, lazy, careless, and dull. Where his indulgence in dissipation is moderate, he may work some, study some, and, if necessity pushes him, he may make a business man; but, as a



WE FOLLOW THE TRADE WE FIND THE MOST PLEASURE IN.

"The gods we worship write their names upon our faces."—
Elbert Hubbard.

rule, he lacks energy and push. He will attend to business just as necessity goads him on. It is for this reason that the rich man's son seldom makes a success in life.

Morally he fares no better. Nerve stimulation robs memory, destroys energy, and kills will power. Eighty per cent. of all criminals use narcotics; 99 per cent. of all drunkards use tobacco, and 100 per cent. of them are sexually depraved. Crime and dissipation go hand in hand. A boy who uses cigarettes will lie, and he soon takes to cheating or stealing. Merchants refuse to employ him for this cause. Nerve stimulation crushes will power and breaks restraint. Give a young man alcohol, and he will seek the brothel. It is usually after the ball, with its wine and nerve-stimulating dance, that the girl first loses her virtue. Let a boy get drunk three times and he is powerless to resist; let him indulge in fornication, and he becomes depraved; let him chew or smoke for three months, and he is a slave; he can never enjoy the pride of true manhood. *It is much easier to educate a child than to reform a drunkard.*

HONOR.—It is the boy and girl who never take the first dose of narcotics, the first taste of sensuality, or the first plunge in dissipation, who enjoy virtue, delight in honor, and take pride in being righteous.

No man has the moral right to indulge in a sin which brings suffering upon others. The young man who contracts a venereal disease, and then laughs at the joke, should take a look into the future, and measure, if possible, the results; and then ask himself if the man who produces for his nation a polluted wife and diseased children can be an honorable citizen.



Immorality and degeneracy go hand in hand. This boy is supposed to be the son of his father's daughter. The effect of inbreeding and inherited syphilis are both noticeable.

THE HERO.

Though bards may sing of soldiers brave
Who in the battle stand,
Or give their life at point of sword
For sake of native land;
Give me the boy with honest heart,
Who does the best he can
To conquer self and live for God,
And for his fellow man.

To fight that nations may increase
In wealth and martial power,
May bring us praise and glory too,
Which serve the present hour;
But he who lives to help mankind
To reach a higher plane,
Wins for himself a crown of life
Where only heroes reign.

The man who lives for earthly joys
In pleasure, praise, or lust,
May get that which his soul desires,
But dust returns to dust;
While he who lives to be a man
Of virtue, peace, and love,
Receives a robe of honor at
The gates of peace above.

The man who bathes his hand in blood
May have a nation's praise,
But he who lives in love and peace
Hath God to bless his days.
Our hero is the man who lives
And battles day and night
To elevate his fellow man,
And dares to do the right.

LIBERTY is freedom to do as we please so long as we do not trespass upon the rights of others. A man is at

liberty to tramp the highways from New York to San Francisco, as long as he does not tramp on some other man's toes; but when he sets his foot upon the corns of his neighbor he is trespassing upon the liberty of another man. God has given man liberty to do as he pleases, but when he violates the laws of health he is trespassing upon the commandments of God. A man can eat and drink anything that grows, but when he eats that which injures his unborn child he is trespassing upon the rights of his child and the nation. He is robbing God, to people hell. "By their fruits ye shall know them."

NICOTINE.

To arms, to arms! It comes, it comes;
Our nation's foe is here;
It comes to kill our energy
And fill the mind with fear.

Enlist, enroll, come join our band,
And conquer nicotine;
To save our nation from his curse,
Let all now intervene.

Come man, come boy; come one, come all,
'Tis brain our foe destroys;
Our watchword is, reform the men
And educate the boys.

LOVE VS. LUST

No other word in the English language is as badly abused as the word "love." As used in the Scriptures, it stands for one of the sacred attributes of holiness, and in a true home it stands for the sacred bond of matrimony; but, as used in modern fiction, on the stage, and in the brothel, it stands for the sexual lust of hell. Modern

fiction is doing more to corrupt social life than any other force in America. It usually pictures love as an uncontrollable craving of the inner passions toward the spirit which Cupid decrees as the only satisfactory life-mate, and reaches its highest perfection when the hero embraces the beautiful form of the heroine; their eyes pierce each other with a meaning which words can not express, and their lips meet in one long, ecstatic sexual thrill. While young people depend on such reading material as this to get their ideas of what love is, can we expect any sacred tie of matrimony to crown their lives with peace and happiness? No; we will continue to see lost virtue, unhappy homes, and unkept marriage vows. The home has been well described as the cornerstone of the nation. Love founded upon silly coquetry, sexual beauty, and excited passions, may appear intense, but such romance usually ends in lost virtue or wedded misery. Thirty thousand divorces each year bear witness to the fact that romance is fickle, Cupid a liar, or more often a myth, and that life is composed partly of reality. True love comes from an admiration of a beautiful character, selected by sound judgment as an ideal companion for life. Chaste association, with conversation upon pure and useful topics, leads from admiration to true love. The sensual admiration of a beautiful form, aided by bantering coquetry, lustful desires, and the degrading lovers' embrace, produces a sensual love which may appear severely intense in its early devotions, but is quickly shattered by adversity or jealousy. The lovers' embrace, with passions fired to the limit of endurance, more often ends in some silly talk about being as good as married, and then lost virtue.

"Look thou be true: do not give dalliance (caressing) too much the rein: the strongest oaths are but straw to the fire in the blood: be more abstemious, or else good-night your vow."—*Shakespeare*.

The young lady, having yielded her priceless gem of virtue to please her lover, looks up expecting more caresses, but is disappointed. His love has been changed in that one short moment to disgust. He may continue to go with her for sexual gratification, but the vilest men love only pure women.

"But if thou dost break her *virgin knot* before all ceremonies may be ministered, no sweet aspersion shall the heavens let fall to make this contract grow: but barren hate, sour-eyed disdain, and discord, shall bestrew the union of your beds with weeds so loathy, that you shall hate it both."—*Shakespeare*.

The couple that spend the afternoon skating or roaming through the park, possibly with their arms locked, but with chaste actions and pure conversation, the thoughts of each free from lust and immoral imaginations, or that spend the evening practicing music, reading useful literature, studying the Bible, or discussing the business vocation both are interested in, are cultivating a love that will endure and grow stronger during the later struggles of life. Love, to abide, must have a foundation. It can not exist on lust and sensuality.

INFATUATION

We sometimes see a man become infatuated, and when his offers of love are not accepted he becomes morose, despondent, and sullen; but it is usually the young woman who suffers a broken heart, lost virtue, or disease and death, as the result of mistaking infatuation for love.

Most girls believe it is romantic to fall in love at first sight, and this dangerous fallacy makes them the willing victims of the white-slave trader, the public seducer, and the immoral villain. Infatuated at first sight, an ecstatic betrothal, and then married to a stranger, is the first chapter of romance. Sold into prostitution, polluted with venereal diseases, and cursed with diseased children, and a dissipated, brutal vagabond for a husband, is usually the last. Few girls realize until too late just how much devil can be wrapped under a silk hat and a college education. We can not love a stranger, because love must have a foundation. The silly girl is ever ready to take a stranger at his word when he declares his love and tells her that she is the loveliest little bunch of sweetness he ever met with. After marriage she awakes only to realize that he has no moral character, physical purity, intellectual attainments, or business ability, upon which she can build her love, and that often the love of her husband is shared by half a dozen prostitutes. Her plight is much more pitiful than that of the lawyer who became infatuated with a chorus girl; he was so enamored that after he went to bed that night he continued to hear her singing. He returned to the theater the next evening and listened to her sing again; after the play he sought an acquaintance, and soon learned that she was to leave the town next morning on the early train. Grasping his only chance, he "popped" the question, and to his delight was accepted. "When you get a bargain, clinch it," had always been one of this lawyer's business maxims; so he hunted up the necessary officials, and had the bargain clinched. The next morning he awoke, and, looking toward the opposite side of the bed, he noticed that the

paint had come off her face, the bloom of youth had fled, the "rats" had come out of her hair, the false teeth had come loose, and her nose had a hump on its back. The scales had fallen from the eyes of one who believed in love at first sight; and, giving her a nudge with his elbow, he said, "Sing; for mercy's sake, sing!" It is useless to try to tell a girl or boy what love is after they have once obtained a taste of sensual infatuation. When children are taught the difference between sensual admiration and love, the divorce evil will be solved in America.

STYLE

"Women of pleasure never gave to the world sons of genius, or daughters of moral purity."—*R. V. Pierce, M.D.*

"But she that liveth in pleasure is dead (spiritually) while she liveth."—*I Tim. 5: 6.*

"She was clothed, but not hidden."

"Her gown concealed only to reveal."—*Harold Bell Wright.*

We have no sympathy to extend to the victim of style. She is a disgrace to the community and a shame to our nation. She is to be found in every hamlet and in almost every dwelling in the land. The intelligent face, bright eyes and pleasant smile which would attract a man's admiration and love, without exciting his sensual nature, is seldom met. Style decrees that it should be a transparent gown, prominent hips, a split skirt, silk hose, and jeweled slippers. God intended that a man, when he met a woman, should look up with admiration; style decrees that he should look down at sensuality. It is said that American men are losing their respect for womanhood, and who is to blame but the women themselves? This is not meant for the red-light girl or the actress, but for the mothers of our nation who are sending their daughters

into society dressed according to the dictates of style. One society lady said she preferred to be dressed according to the latest styles because it was so enticing to the men, and she only uttered the thought of many hearts. The guilty are not found in society alone. At church on the Sabbath one woman worships her Creator with enough of herself exposed to view to excite the lustful gaze of every man in the audience, while another wears a skirt which exposes the shape of the hips and limbs almost as effectually as a suit of stage tights.

A man who has had a checkered experience, and was in a position to know, once told the writer that the women met on the street in decollete dress were all of the better class. The public harlot wears such gewgaws while in the parlor plying her trade, but has more self-respect than to appear in public dressed in her working clothes.

YACOP'S OPINION.

Amerike, der lant of style,
My, vot it pussels me;
Der plamdest togs der vimens vear
Vot efer you did see.
I met von leetle gal to-day,
Der Defil she'd berguile,
Vot think herself von purty thing,
Vot is der latest style.

The hat vot kivers 'alf er face
Look like er prains vas gone;
Mit von ear in an' von ear out,
It shure vas hangin' on.
Er hed vas thwisted on von site,
Der Defil she'd berguile;
She flopped from site to site er top,
Vot is der latest style.

Er neck vas bent der swanline vay,
 Er nose vas in der van;
 Er face, mit powder sweated off,
 Vas lookin' rater tan.
 Der rest of her vas much in sight;
 Der Defil she'd berguile,
 Because er dress exposed der shape,
 Vot is der latest style.

Mit gaudy hose up to der knee
 Before der dress on set,
 An' vaukin' mit a squeeze-me thwist,
 She vas a peach, you bet,
 Vot turns der hed of motest men;
 Der Defil she'd berguile,
 Because dot flirt vas in der vay,
 Vot is der latest style.

The sin of America to-day is the sin of impurity. The call of America to-day is for pure manhood, but how can we hope for men to live pure until women dress modestly? As long as respectable women do a free advertising business for the red-light devotees, the harlot will have a paying business. Man does not fall alone before the immodest woman; she must reap the reward of her own folly. She can not break down the barriers which divide the sexes and parade the streets or attend social functions in an indecent dress, and not become immodest. She can not beget familiarity without becoming lax. It is conceded that the red-light woman is conducting only one-tenth of the prostitution in our land to-day. Not all stylish women fall, but thousands of moral women are helping to pay the penalty of immorality. Seven out of ten of our citizens are suffering from venereal diseases, and the innocent wife and helpless children by no means

escape sharing this curse. Few of the innocent are informed of the truth by their physician when they contract these diseases, as it is not to his interest to expose the husband. Style exacts a heavy toll, and rules its slaves with a relentless hand. A woman may find time to discuss the latest scandal, but the most of her gossip is about style; and between studying fashion plates and getting a new gown for each social function, she is kept pretty busy. She must know the styles six months in advance, and if next fall's styles are slim, she is starving to fit herself to the model; if they are stout, she will get fat, or eat up everything in town. If style says slit skirts, her skirt is slit; if it says stand her heels on stilts and thus pinch her toes, break her ankles, hurt her back, and strain her optic nerves, she will go crippling along the streets on the stilts. And when style says go half naked on a winter's day, she will bravely face the storm. Style is worth more to her than health, modesty, or even virtue itself; for, when her salary will not provide the dress style decrees, the girl sells her virtue to procure it; and when the husband can not provide the latest styles, thousands of young married women resort to prostitution to procure them. Style makes a fool of a woman as nothing else can. "I know the styles are perfectly awful this season, but I must dress my daughter in style, or she can not go with our set." A few sensible mothers had better get together and organize a decent little set of their own. The American beauty who is following "style" may be horrified to learn that her gown is, usually, first designed to advertise the courtesans (elite harlots) of Paris; but such is true, and the Parisian dressmakers copy it be-

cause of its sensual beauty. All our most popular styles come from Paris—the fashion plate says, “Latest French models.” Can our nation afford to follow style? To do so will mean for us the same destruction as that which befell Greece, Rome, and Babylon. We are already on the way. Shall we stop? Our only hope is in reformation. A nation is not reformed until the individuals reform. The average American mother will spend her last dollar, or work herself into the grave, to keep her daughter dressed in the latest styles of hellish design, but is too busy to spend five minutes teaching her daughter the dangers of the social evil, or having her become clothed in righteousness. Christian mothers, are you willing to break the bonds of conventionality and stand forth in defense of right? You can not please God and follow style.

“She that liveth in ———? (style) is dead while she liveth.”

THE AMERICAN GIRL.

(Tune: “Irish Washwoman,” waltz time.)

The American girl is a puzzle to me,
Till she enters her teens she is as nice as can be;
Then she dresses herself in the vilest attire,
And to catch a young man is her highest desire.
For her work in the school, where she once took a pride,
She has lost all her zeal, she is now in the tide
With the jostling throng who are out for a man;
On her work in the school she now places a ban.

Chorus —

The American girl is a puzzle to me,
She’s the silliest thing that you ever did see;
For she dresses herself in the style of her clan,
And she paints up her face just to catch a young man.

She can talk all the day and not say a wise word,
 She can giggle and twist and thus make herself heard,
 She can chew all the gum in the Greek candy stores;
 If it's fudge or ice cream, oh, she simply adores.
 With her face powdered up and her hair tousled down,
 With her semi-nude form in a transparent gown;
 From the cud in her jaw to the lace on her shin
 She's enough to provoke a most lecherous grin.

Chorus —

In a novel she reads of the lovers galore
 Who must prove how they love by the shedding of gore,
 Till she sees in her dreams the bold form so sublime
 Of the man who for her would be guilty of crime.
 Then the first man she meets with a flattering smile,
 With a breath that is foul and a coat the right style:
 "Oh, dear Cupid has said he alone is for me;
 If I fail in this catch an old maid I shall be."

Chorus —

When the mothers of earth teach their daughters to know
 That true greatness is found in the man, not the show,
 That the love which is true has in wisdom a source;
 Then the ones who unite will not want a divorce.
 The American boy, in the land of the free,
 Should discourage the ways of the girl we now see;
 And in looking around for the one he would wed,
 Choose a girl with a few solid brains in her head.

Chorus —

STYLE AND HEALTH.—Clothes make a popinjay out of a vagabond, and an invalid out of his sister. Styles may change from hoops to hobbles and from hobbles to slits, but the war on health and morals never ceases. Stylish dressing has crippled and killed more people in America than war.

EXPOSURE.—A woman may wear semi-nude or X-ray clothing and retain her virtue, but she can not indulge in nude wind-baths and retain her health. She may violate this law of health several times and notice no ill effects, but some day, if she continues the crime, she will subject her system to a chill, and then realize, when it is too late, that nature's penalties can not be evaded. Tumor of the ovaries, inflammation of the uterus, and dropsy, are a few of the evils resulting from colds contracted during the menstrual period. In one family, neighbors to the writer, three daughters have gone to an untimely grave with tuberculosis contracted by exposure due to thin dresses. The last one on her deathbed reproached her mother for not having dressed her more sensibly.

LACING.—The one article of embellishment which has relentlessly adorned the victim of style since the days of the fashionable ladies of Athens and Sparta, 500 B. C., is the engine of torture commonly called a corset. Until a comparatively recent date practically all corsets were designed to reduce the size of the waist and give a bulged appearance above and below the waist line. The only object in thus deforming the contour of the human physique has been sex allurements. To wear a corset may cause sickness, pain, or death, but its relentless tortures have been silently endured by the willing victims of style down through the centuries. Reformers in different ages have tried to coax, reason, or force women to discard it, but to no avail. Recently a new method has been resorted to. A poor style is much better than a bad one; hence the disciples of many medical schools are claiming that the corset, if properly fitted, is beneficial to the health of women. In a recent article, widely circulated by the

daily papers, over the signature of a highly-educated physician, the following statement appears: "Invariably, advancement of women physically, mentally, and morally has been coincident with the uplifting of the abdominal muscles and flesh by means of stays." Compare this with the claim of prominent doctors of only a few years ago, that among the corsetless tribes of Asia, Africa, and the aborigines of America, the women are as strong and healthy, and nearly as large, as the men; while in the civilized, corset-infected nations of the earth, the majority of women are small, weak, nervous, and semi-invalids. One prominent writer says, "Next to liquor, tobacco, and opium, the corset has done more harm to the human race, by killing and diseasing women and children, than any other one thing in the world." The writer who advocated "uplifting of the abdominal muscles and flesh by means of stays" had much to say in behalf of the recently introduced straight-front corset, which is in severe contrast to the old hour-glass or wasp-waisted types of corsets. From a viewpoint of health the new model is certainly a thousand times more desirable than the previous types, but, admitting all its improvements, it still has no rational place on the body of a growing girl. The old hour-glass type of corset did comparatively little injury when placed on the mature woman. It was when worn by the growing girl that deformed chest, retarded circulation, and small vital organs were produced, making the victim unfit for motherhood, work, or even the sexual relation. The use of the strait-jacket by a growing girl, while not retarding the vital organs, must check the growth of the entire being just in proportion to the amount of pressure applied during its use. Every one

knows that to wrap a child's limb in splints will prevent circulation of the blood, use of the muscles, and growth of the limb. When the body is encased in the same manner, like results are obtained. While the vital organs are not so seriously compressed by the use of the newer type of corset, yet the pressure on the hips, chest and abdomen prevent development and cause many muscles and organs to grow weak. This is especially true of the muscles of the back, and is the reason why a woman, after wearing a corset, feels weak and imagines she will fall to pieces if she attempts to discard it. It is not necessary for a corset to be worn tightly to produce this result, as the muscles, yielding and relying on the stays to support the body, make it necessary that they fit snugly to feel comfortable. Retarded circulation, caused by tight clothing, is the one reason why so many women in civilized lands have small pelvic organs, causing difficulty in childbirth, and undeveloped breasts, which prevent nursing. A slight curvature of the spine is one deformity which few corset wearers escape, as the pressure causes the shoulder blades to overlap, and one of them presses the spinal column.

A REMEDY.—It is worse than useless to argue with a woman concerning the corset evil. As long as she can convince herself that men admire laced figures, it matters not if the corset brings sickness, pain, or death, she will continue to sacrifice her health upon the altar of fashion. If every man would only improve each opportunity to express his disgust at laced forms, gauze gowns, and tight skirts, we would soon see a transformation in women's dress. Every father should teach his daughters of the evil, and, if necessary, exercise his authority to prevent

them from growing up in the health-destroying whalebone jackets and immodest dresses. Every boy that expects to find a helpmate for life should start a crusade in his own community, or he will find few to choose from except the fashionable, weak-lunged, narrow-chested, nervous throng of atrophied feminine beauties, who are looking for a chance to torture some man through life with their physical ills, doctor bills, and nervous irritability. If all the boys in any community will unite in making occasional remarks about disgusting and destructive styles, they can soon produce the desired effect; and any one boy who will tactfully confide to his girl friend his dislike for the dress of certain other girls, can soon have her dressing to suit his taste.

THE SILLY PLAN.

What silly things will a woman plan
When she starts out to catch a man.
She puts her brain in a safe recluse,
And never speaks her honest views;
She runs her tongue on the nonsense plan
When she starts out to catch a man.

O'er half her form is a piece of gauze,
To keep from breaking moral laws;
To lure some man with her fleshly form,
She's go half dressed in a winter's storm;
Her health is not in her silly plan
When she starts out to catch a man.

Beneath her belt is a whalebone stay,
Her vital organs must give way;
Her health is lost, and she fails to grow,
But being small is all the go.
She stakes her life on a risky plan
When she starts out to catch a man.

Her teeth are false, in her hair a rat,
With pads she makes herself look fat;
Her face to tan she burns with dope—
She says it is her only hope.
She molds herself as an artist can
When she starts out to catch a man.

She knows all men have a loathsome frown
For every girl in vileness down,
But yields herself to the low embrace
Of one who feigns a lover's place.
'The Devil sure has a race on han'
When she starts out to catch a man.

SOCIAL DISEASES

The social evil is a disease which destroys society and devours nations. America is afflicted, and with 250,000 public prostitutes and 2,500,000 clandestine women engaged in spreading the venereal diseases, American manhood must fall. Polluted husbands carry the virus to innocent wives and helpless children. In 1913 there were 100,000 blind in the United States, one-half of which was due to gonorrhoeal infection alone. There are over 200,000 insane persons in the United States, 50 per cent of which is entirely due to syphilis. New York is paying the enormous sum of \$11,700,000 a year for the care of her insane. Of this entire cost nearly all must be attributed to narcotics and the sexual evil. The annual cost of prisons in the United States, not including the cost of criminal courts, is around \$600,000,000. Nearly every crime from forgery even to murder has an immoral woman connected with it. The cost of prisons, criminal courts, almshouses, and police protection should be divided between alcoholics and the sexual evil. In our navy treatment

and loss from venereal disease cost \$800,000 in 1903. Out of a total of 55,550 men enlisted in the navy during the year 1909, there was a total of 8,910 admitted to hospitals, with venereal diseases. In our army 13,467 were incapacitated with venereal diseases during 1911. This is not given to cast a reflection upon the personnel of our army and navy, for they are perhaps above the average. One of our greatest social workers estimates on a conservative basis that venereal diseases cost the United States \$3,000,000,000 each year—an average of \$30 for each man, woman and child. We can make no estimate of the pain, the suffering, the broken hearts, the demolished homes, the lost manhood and degraded womanhood which venery brings upon our nation. Each year 60,000 pure daughters are torn from our arms to gratify the lusts of men, and as many of the fallen ones sink into a harlot's grave. How long will our nation endure the tax? We rebelled against England because of the tax of a few cents per pound on what tea we drank. When will we rebel against venereal slavery?

REMEDIES WHICH FAIL.—It is true that much good has been done during the last fifteen years in the way of enacting laws, appointing vice commissions, and establishing rescue missions, but that vice is on the increase is admitted by the most conservative of those engaged in reform work.

The Mann White Slave Act has led to the arrest and punishment of many notorious villains, but while prostitution creates a demand for prostitutes they will be provided. License, and segregation of bawdyhouses, has tended to advertise them, and the male patrons, being free to go and come, have only increased the spread of vene-

real disease. To extirpate the red-light district has merely resulted in scattering the vice, thus causing many small spots in a city instead of one larger one.

Eugenic marriage laws are among the latest remedies offered for the suppression of venereal diseases, but these can not solve the problem. It is right that every pure girl should marry only a pure man, but refusing marriage to the diseased, and leaving them free to cohabit, will never prevent the spread of disease. If a father would help his daughter to select a sound man as her husband, he must do some crafty work before Cupid pierces her heart. For him to object to her suitor after a few weeks' intimate acquaintance is only to provoke an elopement. If the stern hand of the law is to select her mate, it must begin and educate her to that idea of matrimony while she is in the primary grades. To refuse her marriage after she had set her wedding day would, ordinarily, cause her lover to lure her into libertinism.

Publicity would do some good. If every syphilitic could only be branded and expelled from respectable society, syphilis would not be so popular. The man with smallpox is quarantined as a public menace, and one man discovered with leprosy arouses the entire nation. Smallpox kills less than one hundred and fifty of our citizens a year, and leprosy is less fatal than syphilis; still we allow the syphilitic to run at large, and the public must not even be informed of the danger that lurks in his handshake or kiss. Gonorrhœa is the cause of as much as 80 per cent. of blindness, and also of that per cent. of the surgical operations performed upon women for pelvic troubles; still gonorrhœa is a protected disease. The physician must not expose his patient, and when the innocent wife

comes for treatment she is not informed of the true nature of her complaint. Talk of exposure strikes terror in the hearts of half our citizens, and well it may; but a law requiring the physician to publish the name of every venereal parasite would prevent the contamination of half our citizens of the next generation.

STERILIZATION.—A practice which is gaining favor in very recent years is the sterilization of idiots and lunatics to prevent them from becoming the fathers of more degenerates. This operation consists in severing a small nerve in the spermatic cord, and only requires an incision less than one-half an inch in length.

An effort was made to enforce this operation upon a few public criminals, but the opposition of personal liberty overpowered it. We believe, however, that this operation, could it be enforced against every man afflicted with venereal disease, would solve the eugenic-marriage and social-evil questions. As for personal liberty, we do not grant the leper liberty to run at large; we do not grant the yeggman liberty to ply his trade; and we do not grant the murderer liberty to indulge his desires. The syphilitics and gonorrhoeals are moral lepers. They should have no freedom to afflict society and scourge the nation by the pursuit of their debasing pleasures. American liberty should stand for the protection of the innocent instead of the freedom of the diseased libertine. Hundreds of innocent wives are being unsexed every year to save their lives from the ravages of gonorrhoea contracted from an unfaithful husband; and yet every effort toward checking the ravages of the sexual parasite, or exposing his danger to the public, is met with furious objections. If a woman becomes infected, every one is anxious to

see her sent to the pest-house; but it is argued that if men were to be exposed or quarantined, they would delay going to the physician for treatment until the disease had become incurable. Let us remember, however, that there is no permanent cure for syphilis. In defense of this statement, German scientists announced, just previous to the European war, that syphilis was on the increase in that country since the discovery of "606" (salvarsan) and neosalvarsan. This is due to the fact that these remedies cure the symptoms of the disease, and, believing a cure has been effected, the libertine is left free to infect others. A law requiring all virulent cases of venereal disease on hand now, and all new cases discovered in the future, to be treated by sterilization, and imposing a heavy prison sentence upon the physician who failed to report such cases as come to his notice, would not only protect the next generation, but the fear of this penalty would stop more than half the present prostitution at once. As long as our States tried the various ways of regulating the liquor traffic, drunkenness was on the increase; but when the public became educated to the point that they were willing to annihilate the evil, it was conquered. We have been trying for years by license, segregation, quarantine, and reclamation to regulate the venereal evil. When will our nation arise in its might and demand laws which will segregate the guilty and protect the innocent? Such laws can not be enacted until the public is educated to the need of them.

A CURE.—When our children are taught the value of self-control, and shown the results of masturbation, the evil of sensuality, and the danger of venereal infection, the social diseases will be stamped out, prostitution will

cease to be looked upon as a physical necessity, and effective laws can be enacted. Then the divorce evil, the white-slave evil, and the red-light district will be annihilated.

THE GRAVEN IMAGE

From childhood we have been taught to believe that the command, "Thou shalt not make unto thee any graven image, or any likeness of anything that is in heaven above, or that is in the earth beneath," applied only to the graven images of heathen tribes; but since noticing the evil effect of pictures in our present day, we are made to wonder whether God did not mean just what he said when he wrote the law and sealed it with the thunderings of Sinai. When we look at the pictures in art galleries, papers, magazines, and card collections, we find that most of them are teeming with sensuality and lust. Look where you will, and you can see the likeness of a woman with a countenance devoid of character, and an expression of sensual desire; usually the figure is scantily clad, or posed in some suggestive attitude, while the title or descriptive reading is further designed to complete the insinuation of lust and immorality.

In a beauty-and-brains contest recently held by a leading American magazine, the picture selected as a winner over more than ten thousand competitors had the drooping eye, wan cheek and pouting lips which would have been chosen a few years ago to represent moral depravity instead of American beauty and intelligence. American girlhood is fast imitating this depraved ideal of beauty. The lovely expressions of modesty, virtue, and intelligence are fast becoming a thing of the past. Even the depravity pictured in the swan-like neck, which is an imi-



"And the people assembled themselves together for worship."

(See II Kings 10: 20, 21; Jer. 5: 7.)

tation of the sneaking cur, is accepted as beautiful; and the queenly expression of an erect figure is fast becoming a rarity.

It is not our purpose to censure the publishers and dealers in such demoralizing art, as they only supply what the public demands. The nation chooses its idols. Few pictures are approved to-day unless they contain the essential suggestion of feminine depravity and no theater is patronized unless its plays are teeming with sensuality and lust.

THE NATION'S GOD

And it came to pass as the Lord did prosper their ways that the people of the nation grew rich in the things of this world. They builded to themselves great mansions: they lived like unto kings and princes: they rode swiftly through the land in glittering chariots, upon cushions of finest upholstery; they devoured much wine; they procured fair maidens; they reveled in luxury. And the people of the nation went a whoring after the gods of lust that were round about them; they made unto themselves images of their detestable things, even the goddess of sensuality—the likeness of a woman nude and brazen. And the idol was to be seen upon the walls of many buildings, and in the homes of many of the most pious. From the posters of the tented circus and the pages of the morning paper, to the leaves of the most cherished book, no printed page was complete without the image of the woman engraved thereon. Thus the children of the land were taught to look upon the nudeness of the woman and to call it beautiful, and they reveled much in sensuality.

Then it came to pass that the fear of punishment fell

upon the people because of their wickedness, and the cry of preparedness was raised in the land. Then the rulers of the nation did burden the people with a heavy tax, and they builded mighty engines of war, even huge battle-ships; and they said, "These be thy gods, O America, which brought thee up out of the land of bondage and delivered thee from the hand of the oppressor! These shall protect thy border; they shall establish thy kingdom."

Then the anger of God was kindled against that people because they prepared for the shedding of blood, and not for the coming of the Prince of Peace; because they trusted in the power of engines of destruction, and not in the God of their fathers; and because they bowed themselves before the image of the goddess of immorality, and not the God of heaven.

Therefore the Lord gave them up to the corruption of their own flesh and to the devastation of the social pestilence. The white slave became a curse in the land, and her disease as the scourge of leprosy. Then the men of the nation became weak, and the power of the kingdom small. The victims of habit became helpless, and their children the pictures of woe.

Then was a new king enthroned in the land, even the King of Righteousness; and he tore down the altars of lust that were in the high places, and he removed the image of the nude woman from the homes. Moral purity was taught among the children, and a pure heart became the shield of the strong.

Then it came to pass that the Lord turned from the fierceness of his anger, and his mercy shewed he unto the people; therefore, sickness and pain disappeared from the

land, and the weakling became as a man; yea, like unto a strong man. And when the Lord God looked upon the man of purity, he said, "Behold, thou art very good; multiply, therefore, and replenish the earth with thy kind; and my blessing shall be upon thee, and upon thy children, and upon thy children's children, even unto the end of the world." Amen.

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